

T H E  
**P O S I E**  
*Hamphrey Meredith*  
O F

**Godly P R A Y E R S,**

Fit for every Christian to use :

Containing only Prayers of Repen-  
tance, Remissions of Sins, and  
Thanksgiving; with an excellent  
Exhortation to forsake the World,  
and a Perswasion not to fear Death.

Made and Collected by *Nicholas*  
*Themylthorpe* Esq; one of the Queens  
Majesties Gentlemen Sewers.

Now newly mended and enlarged by  
the same Author, and the one and  
fortieth time Imprinted.

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*Vigilate & Orate.*

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LONDON.

Printed for *Rich. Thrale*, at the lower  
end of *Cheapside*, near *Mercers*  
*Chappel*, 1679.

W. C. 205

1871

My dear Sir,  
I have the honor to acknowledge  
the receipt of your letter of the 10th inst.

and in reply to inform you that  
the same has been forwarded to the  
proper authorities for their consideration.

I am, Sir, very respectfully,  
Your obedient servant,  
W. C. 205

I am, Sir, very respectfully,  
Your obedient servant,  
W. C. 205



# To the most High

and Mighty Princess *Anne,*  
Queen of *England, Scot-*  
*land, France and*  
*Ireland.*

**K** Nowing that Zealous Prayer  
and Supplication to God,  
is the Soules effectual conference  
with God, most prevalent for the  
remission of sins, and the princi-  
pal means, to reach and give from  
God to us all graces and benefits  
for our Souls and Bodies in this life  
temporal, and in the world to  
come Eternal; and because I find  
no Prayer-Book composed only of  
Prayer and Thanksgiving, therefore  
to avoid the trouble of reading  
many, the Number of keeping  
many, and most of all the burden  
of bearing many; I have collected

*The Epistle Dedicatory.*

the best prayers for Repentance, Remission of sins, and Thanksgiving, and added new of mine own, which in most zealous humbleness; and dutiful obedience, I present unto your most Excellent Majesty, beseeching your Highness to accept this, as the great Monarch *Artaxerxes* did the poor Womans handfull of Water, wherein I shall account my self most happy, and ever remain as I am.

*Your most faithful and  
obedient Servant,*

Nicholas Themylthorp.

To

## To the Reader

**A**S I have (gentle Reader) spent my former time in worldly matter, so I am desirous to spend these latter dayes in godly and Christian exercise, and being moved to begin with Prayers as the most principal exercise, and great means of mans salvation; I read over divers Prayer-books, but I found none only of Prayer and Thanksgiving, but many other matters in them. And for that my self, and some of my friends are desirous to have one only book to bear about us, I have therefore set out such an one as serves to that purpose.

The Children of God have ever from the beginning used Prayer for the supply of their Corporal and Spiritual necessities, and have ever graciously obtained their Petitions, as well for themselves as others: Hagar by Prayer had drink  
A 3 for

## To the Reader.

for her Son; Anna by Prayer obtained a Son, Isaac a Wife, Jacob defence, Moses, David, Jehosaphat, Ezekias, Maccabeus, and divers others obtained Victory: The Ninivites, deliverance from destruction: at the Prayer of Joshua the Sun stood still: so stayed the Sun three hours in the dayes of Henry the fifth, till the Earl of Ormond in Ireland with his small company overcame Omar, Ashur, and others with their terrible Armies. At the Prayer of Alexander, the Caspian mountains closed and inclosed the Jews, and the Sea Pamphylicon divided it self to him and his Army, at their passage against Darius Clenches first Emperour of the Tartars conquered all the Kingdoms to Mount Belian and then a Knight on a white Horse came to him, and bid him conquer beyond that mountain; Clenches said he could pass no further for the Sea; then the Knight bid him pray to God Almighty, & he would shew him

## To the Reader.

*a way.* So Clenches prayed in the Mountain, and as he was in his Prayer, he saw the Sea divide it self; there he and his Army passed through on dry ground; he then conquered Cathes, and all the bordering Countries. At the Prayer of the Christians, and a poor Cobler, a Mountain in Mosul removed from one place to another whereby the Christians avoided the cruel sentence of the unbelieving Calipho: By Prayers Iron hath swom, the dead have risen, & all other wonders effected; and of All Gods gracious gifts it is one of the chiefest. Also God commands us to call upon him, as when he saith, ask and you shall have; watch and pray, pray continually: The Lord is nigh to them that call upon him, yea unto all such as call upon him faithfully. Pray earnestly to God for forgiveness of sins, with full purpose of amendment.

There are four sorts of men do pray, some pray for others and not for them-

## To the Reader.

selves, are too proud and careless; some pray for themselves, and not for others, these are too uncharitable: Some neither pray for themselves, nor for others, these are too bad and unchristian: some pray for others and themselves, these are the best and godliest.

In prayer observe these five things: first, that you direct your mind to God: next, that we are commanded to pray: 3ly, the promise that he will hear us when we pray, then that we must pray in faith: lastly, to believe to obtain the thing we pray for, let us alwayes pray, not with lip labour, but with hearty affection in spirit, faith & truth, first give thanks, then pray for remission of sins, faith, and all spiritual things: lastly, for corporal blessings, & things belonging to it: pray for things eternal, spiritual, corporal, things present and to come, for thy soul and body, and to be crowned with everlasting glory.

The

# The POSIE of Godly Prayers.

*At thy Uprising say.*

**I** Rise, and enter into this day;  
to Glorifie God, and walk in  
my Vocation, in the Name of  
the Father, Son, and Holy  
Ghost, Amen.

*Then Pray thus.*

*A Prayer for the Morning.*

**O** Gracious Lord, and most  
merciful Father, which hast  
from the beginning of my Age  
hitherto delivered me from all  
perils and dangers both of Soul  
and body, for which I most heart-  
ily thank thee; and yet be-  
cause I feel in my self so many

faults and imperfections, such readinesse to evil, and slacknesse to do good; I quake and tremble for fear of thy wrath and sharp judgement: but for that I know thou commandest me by Prayer to crave of thee all things necessary for Soul and Body, and hast promised graciously to hear my lamentable suit, and mercifully to grant me my needfull request and petitions) and I know thou canst and wilt perform them; therefore for Jesus Christ his sake, and in his blessed and holy Name, and for thy Mercy and Truths sake; I humbly beseech thy Fatherly goodness, to grant me all things for this Body and transitory Life, as shall be most agreeable to thy godly will, and pleasure: and humbly beseech thee, that I may alwayes pray in charity, use thy gracious gifts and benefits in Charity, and lead my whole life and conversation



tion in charity, that I may daily through the assistance of thy Holy Spirit, mortifie all my carnal lusts and filthy affections; prosper me and mine in all our Honest affairs, increase thy good gifts in me, and confirm and establish me in thy Grace, that I may go forward in all goodness: And with an humble and contritte heart, and with a sorrowfull and repentant Spirit I sue unto thee, most mercifull Father beseeching thee for mercy and forgiveness of all my offences, which in this night past, or at any time heretofore I have committed against thy good will and pleasure, by trespassing against thy Godly Majesty, in thought, consent, word, or deed; And I most heartily thank thee that thou hast preserved me this night past, and all the dayes of my life hitherto from all death, danger, and other mischief;  
and

*The Poſie of*

and I beſeech thee, bleſſed Father, that thou wilt vouchſafe this day, and ever hereafter to have a mercifull eye unto me ; ſupport and ſuſtain me , bear me up , and ſave me that I fall not into danger , nor break thy Commandments ; give me grace to walk warily among the ſnares of my mortal enemies, the Devil , the World , and the Fleſh , and in all things to be prudent , and diligent , to conſider before what I ſhall ſpeak or do , that my whole thoughts , words , and works may be to thy honour , laud and glory , to the edifying my ſoul in vertue , and to profit of my Brethren , through the gracious Mediation of Jeſus Chriſt my Lord and only Saviour, Amen.

*Another Prayer for the  
Morning*

**O** Merciful Lord God, I render moſt high laud , praiſe, and

*Godly Prayers.*

and thanks be unto the, for that thou hast preserved and kept me both this night, and all the dayes and time of my life hitherto under thy most mighty protection, and hast suffered me to live untill this present hour, I most humbly beseech thee that thou wilt vouchsafe to receive me this day, and the residue of my whole life into thy tuition, ruling and governing me with thy holy Spirit, that all manner of darkness, mis-belief, infidelity, carnal lusts, and affections may be utterly chased and driven out of my heart, and grant me a right and perfect faith, that I may be justified, and saved both soule and body, and let me walk in the light of thy most godly truth, to thy glory and praise, to my comfort, and my neighbours furtherance, through Jesus Christ my Lord and Saviour. Amen.

*The Posie of  
A prayer for the  
Morning.*

**O** Eternal God, and Heavenly Father, seeing that by thy great mercy I have quietly passed this night, grant, I beseech thee that I may bestow this day, and the residue of my life wholly in thy service, so that all my thoughts, words, and works may redound to the glory of thy holy Name, and good example of my brethren: as it hath pleased thee to make the Sun to shine upon the earth to give us bodily light, so vouchsafe to illuminate my understanding with the brightness of the Holy Spirit, to direct me in the way of righteousness, so that whatsoever I shall do, my special care and purpose may be to walk in thy fear, and to serve and honour thee, and that I may take nothing in hand, which shall not be agreeable to thy most blessed will,

will, and that I may in such sort travel for my body and this present life; that I may ever have a regard to the Heavenly life, which thou hast promised to thy children: and that it may please thee to preserve and defend me both in body and soul, to strengthen me against all temptations of the Devil; to keep me from all sins, and deliver me from all perils and dangers whatsoever; and furthermore, I beseech thee to receive me this day, and the residue of my whole life, into thy holy protection, continuing and increasing in me daily thy grace and good gifts: and vouchsafe (most mercifull Father) to forgive and forget all my sins, which I have heretofore at any time committed against thee, and for thy infinite mercies sake pardon and forgive the same: for which, and for all things, else which I any way stand in need of, I make  
my

my humble petition unto thee, in  
the Name of thy Son my Lord and  
Saviour Jesus Christ, in such sort as  
he hath taught me saying,  
*Our Father which art, &c.*

*Another Prayer for the  
Morning.*

**A**Lmighty and most gracious  
God, I heartily thank thee  
for the sweet sleep and comfortable  
rest which thou hast given me this  
night past; and for that thou hast  
commanded by thy Holy Word,  
that no man should be idle, but  
alwayes occupied with good and  
vertuous exercises, every man ac-  
cording to his calling: I most hum-  
bly beseech thee, that mine eyes  
may attend upon thee, daily de-  
fend me, cherish, comfort and  
govern me and all my counsels,  
studies and labours in such wise  
that I may spend and bestow this  
day, & the residue of my whole life  
accord-

*Godly Prayers.*

9

according to thy blessed will and pleasure, setting thee alwayes before mine eyes, living in thy fear, and working that that may be found acceptable in thy sight, hating wrong, and loving Justice. Also I beseech thee most mercifull God, to strengthen and keep me in the faith of thy Catholick Church, and kindle in me the love and light of thy holy spirit, that I may walk Godly and vertuously in this life, die in the truth of thy word, and live with thee in everlasting glory: Grant this most mercifull God for thy dear Son Jesus Christ his sake, Amen.

*Another Prayer for the Morning.*

**I** Humbly and heartily thank thee, O Heavenly Father, through thy dearly beloved Son Jesus Christ, that by the innumerable benefits hitherto poured upon my soul and body, thou hast kept me  
this

this night past, and all the dayes  
and time of my life hitherto, from  
all evill, Spiritual and Corporal:  
wherefore I beseech thee to be  
mercifull unto me, to give me  
grace to repent and amend my sin-  
ful life, that I may live henceforth,  
not as I will but as thou wilt: and  
as of thy goodness thou hast given  
me time to repent and live god-  
ly, so of the same thy goodness in  
Christ Jesus, I humbly beseech  
thee to give me thy gracious gift  
of true, holy, perfect, and perpetual  
repentance, that I may more and  
more lament my former sinfull  
life, trusting faithfully in thy rich  
mercies through the merits of  
Jesus Christ, for the pardon of all  
my sins, and that I may unfeignedly  
purpose, and effectually labour to  
amend my life, and that all my  
thoughts, words and deeds may be  
to the praise of thy holy name, and  
good example of others: and for as  
much



much as thou knowest my Ignorance, weakness, unableness to carry any cross or affliction, I beseech thee sweet Father, so govern me, and order all things towards me, that I be never further afflicted, proved, or tempted, than thou wilt make me able to bear, and so assist and help me in the same as may be to thy glory and my salvation, through Jesus Christ my Lord and Saviour, Amen.

*A Prayer in the morning by a sinner acknowledging his sins, and asking forgiveness for the same.*

**A**lmighty, merciful, and most loving Father, whose love is infinite, whose mercy endureth for ever, I sinful creature, trusting in thy unspeakable goodness and love towards me, do appear this morning before thy divine Majesty, most humbly confessing my great and manifold sins and offences, that I have committed against

gainst thee, and th<sup>y</sup> innumerable  
 transgressions of thy most godly  
 Commandements and Fatherlie  
 will. Against thee, O Eather, a-  
 gainst thee only have I sinned.  
 I acknowledg my offences; I ac-  
 cuse my self; O Lord, I cannot  
 hide my unrighteousness from  
 thee: I find in my self nothing but  
 disobedience; doubtfulness of thy  
 goodness, incredulity, hatred of  
 spiritual things, confidence in my  
 self, and fervent lusting after car-  
 nal things; therefore I humbly  
 beseech thy Fatherlie goodness for  
 thy Son Christ his sake (whom  
 thou hast sent for a purchaser of  
 mercy for me through faith in  
 his blood) take away my hard  
 heart, make me a clean heart, and  
 give me a true and lively faith:  
 have mercy upon me, O Lord my  
 Saviour; forgive me my sins. O  
 Lord, forgive me my sins, for thy  
 Sons sake; O God and mercifull

Lord

Lord  
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 who  
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Lord, certifie my Conscience of the remission and forgiveness of my sins by thy Holy Spirit, by whose operations mortifie in me the old man and body of sin, that I may die unto sin, and walk in newness of life, to the glory of thy holy Name, through Jesus Christ my Lord and Saviour, Amen.

*A Prayer for the Evening*

I Thank thee, O heavenly Father, by thy dearly beloved Son Jesus Christ, my Lord and Saviour, that of thy free mercy thou hast preserved me this day from all hurts and dangers: vouchsafe also I most humbly beseech thee, to keep me this night, and ever hereafter to save me from all my enemies, both bodily and ghostly, give my body quietness and sleep, but let my mind and soul continually watch unto thee: think on thee, and thy holy

ly Law, that when the chearful light of the day shall appear, I being whole in body and soul, may joyfully rise again, and be thankful unto thee, and diligently walk in my vocation, to my comfort, and the glory of thy blessed name, through Jesus Christ my Lord and Saviour, Amen.

*A Prayer for the Evening.*

**O** Most gracious Lord, and merciful Father, I thy most unworthy child and sinful creature, with humble heart prostrate my self before thy divine Majesty, most humbly beseeching thee for mercy and forgiveness of my sins and iniquities, that I have this day or at any time since I was born committed against thee: I am heartily sorry that I have many ways transgressed against thee, and do ask mercy and forgiveness for the same. And with my whole heart

heart I heartily thank thee that of thy great goodness, mercy, and grace, thou hast hitherto most safely preserved me. And I beseech thee most merciful Father, be no more angry with me, nor forsake me, but continually assist, comfort, and strengthen me against all the assaults of the Devil, and be my succour and defence this night, and unto my lives end, that I never offend thy divine Majesty, or commit any sins, or iniquity; and vouchsafe of thy abundant bountifulness, to refresh my weak body with convenient rest, that I may to morrow with all diligence, the more readily serve thee, in that estate wherein thou hast set me, that all my actions may so please thee, and by thy assistance be governed, that after this vain and transitory life I may attain the life everlasting, through Jesus Christ our Lord and Saviour. Amen.

*A prayer for the Evening , and forgiveness of sins.*

**I** Yield thee most humble and  
hearry thanks ( O heavenly Fa-  
ther ) for all thy graces and bene-  
fits that I have at all times here-  
tofore received at thy bountifull  
hand from the beginning of my  
life to this present hour ; and for  
the grear benefit of my Election  
before the foundation of the  
World, for my Creation, Redemp-  
tion, Justification, and Sanctifica-  
tion in Christ Jesus ; for sparing  
me so long, and giving me so large  
a time of Repentance , delivering  
me from all Perils , bodily and  
ghostly , for drawing me out of  
darkness , and bringing me to the  
light of thy Word , for defending  
me from all dangers past , and  
protecting me untill this present  
hour : And I most humbly be-  
seech thee of thy goodness , O  
Lord , that it may please thee  
to

to take care and charge of me this night, and all the daies and times of my life hereafter, not to suffer me to sleep and slumber in sin and ungodliness, but that I may be alwaies watchful and careful for the coming of my Lord and Saviour Jesus Christ, that whensoever he shall come he may find me prepared to receive him, and that I may hear, and enjoy that comfortable sentence, *Come ye blessed of my Father inherit the Kingdom prepared for you:* to the which, Lord Jesus Christ, I beseech thee to bring me who hast so dearly bought me; to whom with the Father and the Holy Ghost, be all honour, power, praise, glory, and dominion, both now and for ever more: Amen.

*Another Prayer for the*

*Evening.*

**M**Ost merciful God and tender Father; which besides  
B thy

thy most inestimable mercies, given and bestowed upon me, in making me, in redeeming me by the death of thy dear Son Jesus Christ, in calling me to the knowledge of thy blessed word, in keeping me in thy holy Church, and in thy most gracious governing me, and all things hitherto, for my wealth and commodity, which hast also most fatherly cared for me, and hitherto kept me from all dangers both of soul and body, giving me health, food, apparel, and all other things necessary for the comfort and succour of this poor and miserable life, which many others want: for these and all other thy good gifts, and gracious benefits, which of thy only goodness, and Fatherly providence, thou hitherto hast, and now dost pour upon me, I most humbly thank thee, and praise thy Holy Name, beseeching thee to forgive, hide, and bury  
all



all my sins which at any time heretofore I have committed against thy holy commandments; and, I beseech thee, to grant me the guard of thy good Angels, to keep me this night, and evermore; and grant, good Father, that when I shall sleep in death, and my body may rest temporally, my soul may live with thee eternally, to thy glory, and my joy, through Jesus Christ my Lord, Amen.

*Prayer for the  
Evening.*

**O** Eternal God, and most merciful Father, who this day and all the time of my life hitherto, hast graciously defended, nourished and preserved my soul and body: and of thy loving kindness, hast most fatherly provided for me a poor sinner; not only in giving me a right portion of thy creatures, but also in that

B 2                      plea.

plentiful redemption, which thy most dear Son Jesus Christ hast purchased for me : grant unto me, O mercifull Father, the assistance of thy grace and Holy Spirit, that though my body take the natural rest, yet my Soul and mind may behold thy goodness toward me, be joyfull in thee, and receive such Inward pleasure and Heavenly sweetness in thy love, that whatsoever I shall henceforth think, speak or do, it may be all to the honour of thy Holy Name. And let thy mighty hand, and outstretched arm, O Lord, be still my defence ; thy mercy and loving kindness in Jesus Christ thy dear Son, my Salvation : thy true and holy word my instruction, thy grace and Holy Spirit, my comfort and consolation, unto the end, and in the end, through Jesus Christ my Lord and only Saviour, Amen.

*When*

When you go to bed say, I lay me  
Down to rest in the Name of the  
Father, the Son, and the  
Holy Ghost.

Then pray thus :

**O** Merciful Lord God and hea-  
venly Father, whether I sleep  
or wake, or live, or die, I am al-  
waies thine ; wherefore I humbly  
beseech thee, that thou wilt vouch-  
safe to take care and charge of me  
this night, & at all times hereafter,  
& not to suffer me to perish in the  
works of darkness, but to kindle  
the light of thy Spirit in my heart,  
that thy godly knowledge may  
daily increase in me through a right  
and pure faith, and that I may al-  
waies walk and live after thy good  
will and pleasure, through Jesus  
Christ my Lord and Saviour,  
*Amen.*

*A Prayer before we ſettle our ſelves  
to our devotion.*

**O** Most gracious God, give me leave to preſent my ſelf before thy Divine Maieſty, to pour out my unworthy prayers unto thee in the multitude of thy mercies. O Lord, I come to make manifeſt my neceſſities (as a poor and needy wretch) unto a God of infinite glory: I come as a worm to my Sovereign Maker: I come as a hainous offender to a juſt and ſevere Judge: thou, O God, promiſeſt that whoſoever asketh ſhall receive, who ſo ſeeketh ſhall finde; grant me therefore grace to pray unto thee, as my duty, and thy deſert requireth: grant me a pure intention, a ſervent devotion, that with humble heart, firm hope, and perfect charity, I may effectually pray unto thee, and ask of thee that which thou ſeeſt moſt for thy glory, and my good,

good. O merciful Lord, help me to pray worthily, that thou mayest graciously grant my petitions: defend my weak heart from ghostly assaults, and so fix my mind upon thee, that I be not carried away from the consideration of thy presence: grant me attentively to apply my thoughts, and to be wholly ravished and possessed with zeal and true devotion. Grant me to ask forgiveness with deep contrition, and full purpose of amendment; afford, O Lord, such comforts to my soul as thou seest fit for me, and by the assistance of thy Spirit, inspire thy good motions into me, that I may feel them forcibly, accept them thankfully, and fulfill them effectually, and that I may devoutly pray unto thee with true repentance, appease thee, and for ever dutifully serve thee, through Jesus Christ my Saviour, Amen.

*A General Confession of sins.*

**A** Lmighty God and heavenly Father, I confess and acknowledge that I am a miserable and a wretched sinner, and have many ways most grievously transgressed thy most holy commandments, through wicked thoughts, ungodly lusts, sinful words and deeds, in my whole life. In sin was I born and conceived, and there is no goodness in me; that without thy mercy I should perish for ever; so little help, comfort, succour, is there either in me, or in any other creature; only this is my comfort, (O Heavenly Father) that thou didst give thy dearly beloved Son to the most vile, bitter, and slanderous death of the cross for me, that he might so pay the ransom for my sins, satisfie thy judgments, still and pacifie thy wrath, reconcile me again unto thee

thee, and so purchase me thy grace, favour, and everlasting life : wherefore through the merit of his most bitter death and passion, and through his innocent blood-shedding, I beseech thee, O Heavenly Father, that thou wilt vouchsafe to be gracious and merciful unto me, and forgive and pardon me all my sins, to enlighten my heart with thy Holy Spirit, to renew, confirm and strengthen me with a right and perfect Faith, and to enflame me with love toward thee, and my neighbour : that I may henceforth walk as it becometh me, in thy most godly Commandements, and so glorifie and praise thee everlastingly : grant me further, O Father, that I may have a quiet heart, and conscience, and that I may in all temptations, afflictions, necessities, and in the very pangs of death, trust faithfully in thee,

and in thy mercies. And for that thou hast commanded me to pray unto thee, I humbly beseech thee for all things needful for me, and pray unto thee, as thy Son himself hath taught me, saying, *Our Father, &c.*

*A prayer of thanksgiving, remission of sins, necessity in this life, and life everlasting.*

**O** God of *Abraham, Isaac, and Jacob*, thou God of pity and of mercy, have mercy upon me a wretched sinner, and forgive me (I most humbly beseech thee) all my sins and offences that I have ever committed against thee : blot out all my misdeeds, renew a right heart, and create, O God, a new Spirit within me : I thank thee O heavenly Father, for all thy blessings and benefits which thou hast bestowed upon me ; continue, multiply, and increase thy good blessings upon



upon me : stretch out thy hand  
of bounty over me, and with thy  
eyes of mercy look upon me ;  
send me (O Lord) a sufficient  
living, make me beneficial to all,  
and not chargeable unto any ;  
bless me, good Lord, and give me  
grace to live godly, and virtu-  
ously, and reign with thee ever-  
lastingly : deliver me from all  
troubles, discontents and worldly  
calamities ; take me, O Lord,  
into thy own tuition, bless, pro-  
sper, and protect all my proceed-  
ings, let whatsoever I take in  
hand be good, and let that  
come to an happy and successive  
end : let me have a care not to do  
any thing that should offend thee,  
but let my whole desire be to do  
those things that may please thee :  
send, O Lord, thy Angel from  
Heaven to govern me, and  
to deliver me (as he did thy  
servant *Tobias*) from all danger.

sep

Send, O Lord, thy grace from Heaven to guide me, and thy wisdom from the highest Heavens to teach and direct me: let me not any more fall into sin through frailty, but so bless me with thy blessings, that I may never offend thee, but that I may earlie and late, night and day, and at all times and seasons give praise and thanks to thy heavenly Majesty: that I may live in this world, to thy glory and my comfort, and raigh with thee in everlasting glory in the world to come. Hear, O Lord, these my prayers, and for thy most dear mercies sake, and my sweet Saviour Jesus Christ his sake grant my Petitions. To thee O God the Father, Son, and Holy Ghost, be all honour, dominion, Power and Glory, both now and for ever; world without end,  
*Amen.*

*Prayer for forgiveness of sins, with  
a confession of his Faith.*

**O** Lord, God Almighty, and  
Father of my Saviour Jesus  
Christ! I most earnestly beseech  
thee, for thy Fatherly goodness  
and mercy, to pardon and forgive  
me all my sins and offences, and  
through thy bountiful goodness  
and mercy, deliver me from all  
those sins and offences which by  
my frailty or any way else, I ever  
committed against thee, for I  
confess and acknowledge, that I  
am a miserable and wretched sin-  
ner, and have many wayes most  
grievously transgressed thy most  
Godly Will, and Command-  
ments through wicked thoughts,  
ungodly lusts, sinful words and  
deeds in my whole life. In  
sin was I born and conceived,  
and there is no goodness in  
me: Therefore through the me-  
rits of the bitter death and passi-  
on

sion of thy beloved Son Jesus Christ my Saviour, and through his innocent blood shedding. I beseech thee O heavenly Father, that thou wilt vouchsafe to be gracious and mercifull unto me, to forgive and pardon me all my sins and offences, to lighten my heart with thy holy Spirit, to renew, confirm, and strengthen me with a right & perfect Faith : inflame in me love toward thee, and my neighbour, that I may walk with a glad heart in thy commandments, and glorifie and praise thee everlastingly ; and that I may with a clear conscience and quiet, and chearful heart, in all temptations, afflictions, or necessities cry unto thee earnestly, and say, Lord have mercy upon me a sinner, &c.

*A godly Prayer for forgiveness of sin,  
& all things needful for soul & body.*

**O** Mnipotent, Eternal, and  
Ever-living God, which hast  
made

made Heaven and Earth, the Sea,  
and all things contained in them,  
thou only maker of all things,  
preserver and helper of them;  
with thy Son my Lord Jesus  
Christ, and the holy Ghost, O  
most wise, merciful, good, strong,  
and righteous Judge, which hast  
said, thou wilt not the death of a  
sinner, but that he be converted and  
live: I thy poor creature, and  
work of thy hands, do acknow-  
ledge and confess my manifold  
sins and offences, which from  
my youth untill this time, in  
thought, word, and deed, I have  
most grievously committed a-  
gainst thee and am most hearti-  
ly sorry for the same, desiring  
thee for Jesus Christ his sake, to  
have mercy upon me, and accor-  
ding to thy great mercy, forgive  
me all my offences; O Lord, I  
confess and acknowledge that I  
was born in sin, and conceived in  
wicked-

wickedness, and in my flesh dwelleth nothing that is good, and of my self *I* am not able to think a good thought, much less to wish, and least of all to do as *I* ought; therefore, O Lord, *I* call to thee for grace, who hast promised to hear them that call upon thee: assist, O God, and guide me with thy Holy Spirit, draw me unto thee, make me, O Lord poor in Spirit, vile and low in my own sight, give me thy grace that whensoever I be drawn into any sin and wickedness, either in thought, word, or deed, that I may feel my own infirmity and weakness, and that I may with speedy repentance turn unto thee. Take from me my stony, blind unbelieving, doubtful, unfaithful, and unthankful heart, my carnal, idle, secure, and impenitent heart, and give me a heart to fear thee, love thee, & trust in thee, write thy law  
in

in my heart and mind: let me believe, trust, and live in thee for ever, deliver me from the spirit of pride, vain-glory, haughtiness of mind, presumption, self-love, and trust in my self. Take from me, O Lord, the wicked spirit of suspicion, envy, jealousy, gudging, whispering, or back-biting; keep me from wrath, malice, hatred, lying, evil Words, contention, flattering, dissimulation, hypocrisie, blaspheming, vain-swearing, lightness, idle words, and all unstableness of heart: deliver me, O Lord, from all filthiness both of the flesh and Spirit, from unclean thoughts unlawful desires, evil concupiscence, and lust of the body. Take from me covetousness and care of riches, all deceit and guile, all idleness and sloth, and give me not over to an unshamefaced and obstinate mind. Make me able to bear wrong  
with

with patience, and not recompence evil, for evil. Make me loath to give occasions of evil to any, and if I do, make me willing to confess my fault and amend it. Take from me, O Lord, a careful heart of worldly things, and grant that neither poverty oppress me, nor riches lift me up to forget thee, but in prosperity make me thankful, and patient, and humble in adversity: Lord make me merry without lightness, sad without mistrust, sober without dulness, true without doubleness, fearing thee without desperation, trusting in thee without presumption; give me, O Lord, the Spirit of humbleness, meekness, simplicity, gentleness, goodness, faithfulness and truth: grant me, O God, the bowels of mercy and loving kindness, to my brother, long suffering and patience to bear all things well that thou shalt lay upon me: rege-



regenerate my heart with the spirit of grace continually ; and grant me an inward feeling of thy favour and mercy towards me, in Jesus Christ my Lord, that I may know thee to be my God and Father, and me thy child for ever : O Lord encrease my Faith in thee, and in Jesus Christ my Redeemer, confirm my hope in thy promise, make perfect my love towards thee, give me a true and unfained love to all vertue and godliness; increase in me, O Lord, strength and victory against all temptations and assaults of the Devil, the Flesh, the VVorld, and the vanities thereof, give me grace to keep a good conscience ; give me a pure heart and mind, and renew a right spirit within me ; give me the true understanding of thy holy word, that I never swerve from the truth thereof, and that my chief felicity may be in the same, and in hearing,

ing, reading, talking, watching, praying, fasting, mortifying, and subduing my own will, and members. O Gracious Lord Jesus Christ Son of the living God, which wast crucified and raised again for me and all others, who sittest on the right hand of the Father, and art appointed the only Mediator for me unto God, have mercy upon me. Pray to thy Heavenly Father for me, sanctifie me with thy Holy Ghost, as thou hast promised, and send the Spirit of truth to abide with me for ever, kindle my mind and heart with thy Holy Spirit; that I may truly believe in thee, acknowledge and call upon thee, give thanks unto thee, and obey thee; for I feel myself so charged with sin, and infirmities, that I know not what I do; but offer up my self wholly unto thy mercy, to be reformed according to thy good will and plea-

pleasure. O eternal most mighty  
and everlasting God, govern and  
keep me, enlighten me always with  
thy Gospel, Rule and confirm my  
heart with thy Holy Spirit, and  
govern my study; pour on me  
thy Spirit of Grace and Prayer,  
make me, Lord, happy and di-  
ligent in the works of my voca-  
tion: take into thy custody for  
ever, O sweet Saviour, my  
Soul, Body, Life, and all that  
ever I have; be gracious unto  
me, O Father, succour and help  
me in all necessities; grant me  
all thy blessings, and thy holy  
Spirit to sanctifie and dwell in  
me for ever. And O Lord have  
mercy upon me, graft, plant,  
and sow in my heart all vertues,  
and give me grace to use them,  
and all other thy gracious gifts,  
as may be most to thy glory  
and praise, to my consolation  
and comfort, and to the pro-  
fit

fit of thy Church. Hear, O Lord, my prayers, and forgive me all my sins and wickedness that I have committed, and give me grace truly to repent the same: grant unto me, O Lord, the true contrition of heart, that I may vehemently despise my sinful life past, and wholly be converted unto thee: I have sinned, O Lord, I confess it, and I cannot deny it, but O my God, pardon my trespasses, release my debts, and forgive me all my sins: stop my wounds, for I am plagued and beaten with sins, and grant me grace with patience to attend thy divine Majestie; increase in me, I most humbly beseech thee, O most gracious God, the gift of Faith, that I may truly believe in thee, and thy promise made unto me: grant this, O Father, for thy dear son Jesus Christ my Lord and Saviour, Amen.

*A Prayer wherein the sinner accuseth himself for falling into sin, and asketh forgiveness for the same.*

**D**ear, tender, and most mercifull Father, God Almighty, great and dreadfull, which art mercifull to whom it pleaseth thee; for thou art the Father of mercy, and God of all grace, peace and comfort, which wilt not the death of a sinner, I therefore earnestly desire thee, O Lord, to have mercy upon me, have mercy upon me, O Lord according to thy great mercy, and according to the multitude of thy mercies, put away my sins and offences: wash me, O God, from my wickedness, and make me clean from my unrighteousness. I acknowledge my sins, and do accuse my self of my evil deeds. I confess my wickedness, and rebelling against thy Precepts. I have been a froward child, and have

have offended and provoked thee,  
with all my vanities and ſins, and  
have not exerciſed my ſelf in thy  
Laws. *I* have turned back from  
thy ways, and have done wicked-  
ly before thee. *I* have walked af-  
ter my own thoughts and phan-  
taſies, and not as thou wouldſt,  
but have run from ſin to ſin, fol-  
lowing the deſires of my heart;  
*I* have diſpleaſed thee by my in-  
ventions, and none of my ſins be  
hidden from thee. *I* am not wor-  
thy to be called thy Son, woe *I* am  
that *I* have gone from thee; great  
is my grief, that *I* have led my  
life in ſins: woe is me that *I* have  
forſaken thee, and lived after my  
own mind: but, O Lord, forgive  
me all my ſins, do not forget me,  
nor keep thy mercy longer from  
me; hear me now, O Lord, gra-  
ciously calling upon thee, and be  
merciful unto me, be no longer  
angry with me, nor caſt away

a contrite and penitent sinner. Turn thee again, O Lord God, and forgive me all my sins and offences: hide not thy face from my prayers, but according to thy promises take me into thy favour, for I am one of those, O Father, whom thy Son hath redeemed with his most precious blood; and therefore of thee, O Lord, I ask mercy, I beseech thee to forgive me all my sins, and to have mercy upon me, for thy dear Son Jesus Christ his sake, my only Lord and Saviour, *Amen.*

*A Prayer of thanksgiving, and for Remission of Sins.*

**G**RANT O Lord; of thine unspeakable mercy, that I may worthily praise and honour thee, that my mouth may speak, my heart study, and my tongue sing thy law and praise; hear the sacrifice of my lips, and make it acceptable in thy sight: my soul praise thou the  
C Lord

Lord, and all that is within me,  
laud his holy Name. I will praise  
thee, O God, and magnifie thy  
name for ever and ever, for thou  
art good to all, and thy mercy  
exceedeth all thy works ; my  
mouth shall give thee thanks, and  
extol thy holy name. O praise  
the Lord thy God, thy Maker,  
Redeemer, Nourisher, Defender,  
Strength, Joy, Victory, and Eter-  
nal Glory : I honour thee, I glo-  
rifie thee, I worship thee, I laud  
and praise thee, for that it plea-  
sed thee, to make reasonable  
men, and hast given me wisdom,  
understanding, and many other  
blessings, Spiritual and Corporal ;  
thou hast visited my heart with  
many graces and holy notions,  
thou hast delivered me from ma-  
ny perils both of soul and body,  
and kept and preserved me from  
many sins whereinto I might  
have fallen ; for those an d all o-  
ther



ther thy good blessings, most abundantly bestowed upon me, I a wretched sinner, with all my heart most humbly laud, praise and honour thee, O most merciful God; I adore and give thee thanks, for thy unmeasurable clemencie and infinite goodness, whereby thou dost most mercifully suffer me to live, pardonest me, and bestowest thy benefits upon me; let thy pitie molifie my hardness, thy burning charitie melt my frozen heart, that I may be changed from a vessel of wrath unto a vessel of mercy, and so being freed from my sins, I may be the more fervent in loving thee. Thou art good, and I evil; thou holy, I wretched; thou just, I unjust; thou light, I blind; thou life, I death; thou joy I heaviness; thou soveraign verity, I nothing but vanity. O Lord sanctifie me, help me, and save me, wash me, and make me

clean, suffer me not to be separated from thee, but from the malignant enemy, for ever hereafter defend me, that I may come and sing to thee praises eternally : grant me grace to come after thee, to imitate thee, that the servour of my future devotion may recompence in me the follies of my former conversation ; and make me pure and Holy, that I may earnestly seek thee, who art the Fountain of eternal life ; expel out of me whatsoever is evil or amiss, or whatsoever displeaseth thee, and deliver me, I most humbly beseech thee, from all sins, iniquities, troubles, and evils, wherewith I am incumbered ; dispose all my thoughts, words, and works as may be most agreeable to thy most holy will and pleasure ; keep me ever, and every where, from all sins, wickedness and offences, deliver me in this life  
from

from all evils, troubles, and dangers,  
and after this life bring me to the  
most sweet, pleasant, and delightful  
joys of the life everlasting, *Amen.*

*A Prayer for a Sinner in trouble,  
thinking long for help, and trusting  
in Gods mercies, desireth help.*

**E**VEN unto the Throne of thy  
highest power, I acknowledge,  
O Lord, that I am a miserable sin-  
ner, beseeching thee, O Lord God  
Almighty, of thy goodness to do  
with me according to thy great  
mercy. O Lord, I am abashed and  
ashamed to lift up my eyes unto  
thee; for my sins are ascended up  
into thy sight: against thee, O  
Father, against thee have I sinned,  
and done evil before thee, thou  
seest my iniquity is great, I have  
been an offender against thee, even  
from my cradle, and since I suck-  
ed my mothers breasts I have not  
ceased to do evil. I was begot t n  
in sin, and brought into the wor d

in iniquity. I cannot shake off my sins and offences, but carry still with me the infamy of my youth. Behold, O Lord, I am fold under sin, and in my self I find not that which is good, for the good I would do, *I* do not, but the evil *I* would not do, *I* do; all the thoughts and imaginations of my heart have been evil ever since *I* was young: let me not die in my sins O Lord God, for thou wilt not the death of a sinner, but that he repent and live: thou art good and mercifull, and according to thy great mercy, save me, thy unworthy servant; thou hast shewed thy mercy on thousands, so have mercy upon me, O Lord God Omnipotent, have mercy upon me a miserable and wretched creature; my soul is troubled, therefore, O Lord, heal me, look upon me, and deliver me; how long wilt thou reject my praoers?  
how

how long wilt thou turn thy face away from me? thy hand is not weakned, O Lord, but it may help, and thy ears are not stopped, therefore, O Lord hear me; how long, O God, shall my mind be troubled with painful and heavy thoughts? How long shall sorrow torment my soul? How long shall my enemies triumph over me? look towards me, O God, hear my prayers, give light unto my eyes, and let me not sleep in death, nor let my sins prevail against me. Turn again, O Lord turn again, and deliver my Soul, and save me for thy mercies sake. O Lord, rebuke me not in thine anger, nor punish me in thy great displeasure; cast not thy darts at me, nor lay thy heavy hand upon me; let me no longer bear thy anger, nor drink of the cup of thy displeasure. I have no health for fear of my offences; I have no

rest not peace when I behold my  
sins, my iniquities are gone over  
my head, and like a heavy bur-  
then they daily press me down:  
thou, O Lord, knowest my desires,  
and seest my necessity: forgive me  
all my sins, O Lord God Almighty,  
for thy own sake, and for thy Sons  
sake, put out of thy sight my hain-  
ous offences; for thou hast pro-  
mised forgiveness of sins to them  
that repent them of the same; have  
mercy on me, O good Father have  
mercy on me, and for thy glorious  
Name be no longer angry with me,  
but forgive me all my sins, and take  
me a penitent sinner to thy mercy,  
for the love of our only Saviour  
Jesus Christ, whom thou hast sent  
to obtain mercy for my sins,  
through faith in his blood, who  
liveth and reigneth now and for  
ever *Amen.*

*A Prayer for a sinner, rejoycing for  
the benefits received at Gods hand,  
and asking still his help and  
forgiveness of his sins.*

**I** Do rejoyce in thee, O Lord,  
which tookest upon thee in thy  
body, my infirmities, and so bear-  
est my pains; thou wast made  
weak for my sins, and wounded  
for my offences, and by thy  
strokes were my wounds healed;  
I went astray like a lost sheep, and  
followed my own ways; thou, O  
Lord through thy love and mer-  
cy hast redeemed me that was  
lost; and by thy blood shed on the  
Cross, hast paid my ranfome;  
thou didst die for my offences,  
and by thy precious blood hast ta-  
ken away my sins: turn the eyes  
of mercy, O Lord God, and look  
upon me the work of thy hands,  
and heal the infirmities of me thy  
weak creature; keepe me from all  
evil wayes, and teach me by thy

Holy Spirit to choose the way of truth. I beseech the (O King of Holiness) by my Redeemer Christ, keep me in the right way, and unite me unto him in Spirit; make me to go perfectly in thy paths, and to hate all wicked ways; wash my heart from malice, and cleanse me from my secret sins; cleanse me, O Holy Father, with the blood of thy well-beloved Son from all my sins, and deliver me from all my iniquities: purifie my heart by thy holy Spirit, from all filthiness of sin and evil concupiscence. O God Almighty be merciful unto me a sinner, and for thy glorious Names sake remember my sins no longer; make me, O God, to return from my evil waies, and wicked thoughts; remember not the sins and offences of my youth, but according to thy mercy be mindful of me, for thy goodness sake, O Lord, my hope is in thee,  
my



my soul trusteth in thee, my soul looketh for thee, thou art merciful, and with thee is plenteous redemption: therefore have mercy upon me according to the multitude of thy mercies, for thou art full of pity and mercy: turn not therefore thy face from me, have mercy upon me, O Lord God my Saviour, pardon, and forgive me my sins for thy Names sake. O righteous Father, look not upon the multitude of my sins, but look on the Face of thy Son Jesus, which bare my sins in his body on the Cross; turn thy face therefore away from my sins, and put out all my iniquities, and make me a clean heart within me: cast me not away from thy presence, and take not thy holy Spirit from me; but help and comfort me, establish me with thy mighty Spirit: mollifie my heart that I may walk in thy waies, and not in the  
waies

ways of errour; help me and forsake me not, O Lord my God, for thy Son Jesus Christ his sake, *Amen.*

*A Prayer wherein a sinner asketh forgiveness of his sins; and desireth the true armour to be defended against the enemies of his soul, and confesseth God to be his Saviour.*

**E**Verlasting God, and most merciful Father, I most humbly beseech thee, for thy Son Christ his sake hear my prayers, and forgive me all my sins, and from henceforth give me thy Holy Angel to conduct and strengthen me with thy vertue, to understand the evil device of the world, and the appetites of the sinful flesh; arm me with thy armour, the grace of thy holy and mighty vertue; write in my heart thy Holy Word, Laws, and Commandments: put upon me the

the breast-plate of righteousness,  
direct my life and conversation  
according to the Gospel of peace ;  
give unto me the shield of faith to  
fight against sin, and disparation ;  
the helmet of health unto my  
salvation, through the merits of  
thy dearly beloved Son Jesus  
Christ ; for whose sake I poor sin-  
ner, most humbly beseech thee  
that thou wilt vouchsafe to pour  
upon me thy Holy Spirit, to work  
in my heart, mind, and Soul,  
that I may always do thy  
will and pleasure, and walk in  
this world to thy honour; thou, O  
Lord, hast made me, and given  
thy Son to die for my sins; O  
father for his sake have mercy up-  
on me; O Lord Jesus, which hast  
bought me with thy precious  
blood, receive me, and have mer-  
cy upon me, and be my merci-  
ful Mediator to thy Father that  
my soul may be saved. O Holy  
Ghost

Ghost, coequal with the Father, and the Son, have mercy upon me; O Lord God, most loving and merciful Father, I acknowledge myself unto thee, a wretched sinner, yea, such a sinner as hath need of grace, mercy and favour, for in thy sight there is no man righteous; thou, O Christ, art the blessing of God, by whom all the Nations of the world are blessed and made rich: thou deliveredst me and thy people from Hell and Damnation; thou art a shield unto me, and unto all them that trust in thee, thou forgivest all trespasses, and healest all infirmities; thou defendest me and thy people, and blessest us. Thou, O Christ, art my saving health, and Sanctifier, with thee is mercy and plentiful redemption; yea, thou art the true God and Saviour: all souls are thine; thou redeemest me, I have no other Saviour but thee,

thee, I will turn unto thee, O Lord, turn unto me. I will ask mercy of the Father in thy Name; and I trust I shall receive it, that my joys may be perfect: I believe in thee, therefore shall I be saved: thou art the Way, the Truth and the Life; without thee none can come to the Father. Thou cam'st into the world to save me, and all that were lost, therefore I believe in thee, and hope in thee, that thou wilt raise me up to everlasting life: I believe that thou wilt save me; have mercy on me therefore, and forgive me my sins, O Lord, thou who livest and reignest now and for ever, world without end, *Amen.*

*A Sinner desireth forgiveness of his sin, and a right and true Faith.*

**O** Lord, Maker of Heaven and Earth, I confess my self from the very bottom of my heart, that I am a miserable, wretched, and abominable

abominable finners, and have wickedly transgressed thy godly Commandments : the sins alas that I have committed, are as innumerable as the sands of the Sea-shore, they bear me down as an intollerable burthen : in these sins, O Lord God, have I walked unto his day, according to the desires of the world, and the evil lusts of the flesh ; but whatsoever I have in this behalf offended thy most Godly Majesty, it fore repenteth me, and the fault grieveth me to the very bottom of my heart : save me therefore O Lord, for thy great mercies sake ; for unto thee, O God of my comfort, I wretched sinner do come, craving of thee thy mercy : encline therefore thine ears unto my calling, O Lord, and consider the request of my heart : and grant unto me, O Lord, thy servant, the strength of thy Holy Spirit to subdue

due the body of sin with the lusts thereof, that I may be obedient both in will and mind unto thy laws; for no man can help me, but thou, O Lord, who hast brought my soul out of Hell, and hast holden me from falling into destruction: put away from me, O Lord, that which is evil, for thou art holy, and save thy servant which ever trusteth in thee. I will acknowledge I have all my strength of thee; for thou art my hope, my portion, my God, and my Saviour. Have mercy therefore upon me, O Lord, and according to thy great mercy do away my offences: look on me with the eyes of mercy, sprinkle me with the sweet Hyssop of grace, cleanse me from my sin; wash me, and I shall be whiter than snow; quench the desire of sin in me, open my lips, that my mouth may set forth the praise of thy holy Name. O  
Christ

Christ, Son of God, have mercy upon me : O Holy Ghost give me a new heart, and a right spirit to laud and praise thee : turn me wholly unto thee, O Lord, and take my sins away from me : O Lamb of God heal me, and I shall be whole : save me, and I shall be saved : for thou, O Christ ; art my hope, thou hast taken upon thee my diseases, and wast wounded for my offences, and wilt, I trust, pardon me all my sins ; there is no Salvation but in thee, nor no other name wherein I must be saved, but by thee, O Christ ; through thee I have redemption, and remission of my sins ; thou hast made satisfaction for me : thou diedst for me, and for my sins ; and wast buried, and rose again, and ascendedst up into Heaven, and sittest on the right hand of God in the glory of the Father : thou art my Advocate, and obtainest mercy  
for



for my sins, thou art Holy, which was, is, and is to come. I believe that thou shalt come to be my Judge, therefore, I beseech thee, O Lord, let not my sins lose me whom thou hast bought with thy precious blood; but have mercy upon me, O Lord God, Holy Ghost, have mercy upon me and work thy Divine Grace in me, that I may be saved through my Lord Jesus Christ; save me, O Lord; for I believe that I shall see the pleasures of thee in the land of the living; grant me, O Lord, a right and true faith: forgive me all my sins, and make me daily more and more to walk in a new way, and upright life, that I may utterly despise all worldly things, that I may be content, pure of living; temperate, good, righteous, diligent in all goodness, meek, merciful, modest, humble, and ready to forgive all that offend me; and  
live

live all the daies of my life, according to thy Divine Will, and true fear, that I may die in the world to all sin, and to my self: and with a good confidence and a merry heart look for the coming of thee, O Lord, my Saviour Jesus Christ, to whom with thee, and the Holy Ghost, be all honour, and glory for ever, *Amen.*

*A Prayer for a sinner desiring God to pour his grace upon him; who doth faithfully believe that God will freely forgive him his sins.*

**H**ONOUR and praise be given to thee, O Lord God, for seeing whereof I stand in need, and so blessing me with thy manifold blessings; I crave thy mercy and grace to be my guide wheresoever I go: receive, O Jesus, my soul and body into thy hands; for thou hast bought me with thy precious blood, O Lord save me for thy mercies sake, and be my defender

defender all the dayes of my life  
 Thou art the gift of the Father to  
 save sinners, I beseech thee, O  
 sweet Jesus, save and deliver me,  
 from all evils, bodily and ghostly  
 now and for ever, that I may  
 praise and worship thee in this  
 life, and in the world to come :  
 against thee, O Lord, against thee  
 have I sinned. I confess that all  
 my life time I have been a sinner,  
 and have grievously offended  
 thee, I have gone astray like a lost  
 sheep, and have been an unprofi-  
 table servant : and there is no  
 goodness in me : But I confess my  
 sins O Lord, unto thee, and do  
 earnestly repent that ever I offend-  
 ed thee, being so loving a Father,  
 and so gentle a Lord : and I cry  
 with *David*, and say ; have mercy  
 upon me, O Lord, according to  
 thy mercies, and according to the  
 multitude of thy mercies do away  
 mine offences : wash me thorow-  
 ly

ly from my wickedness, and  
cleanse me from my sins ; for I  
acknowledge my faults and my  
sins are ever before me : I cry with  
the lost son, O Father, I have sin-  
ned against Heaven , and against  
thee, and am no more worthy to  
be called thy Son ; I cry with  
the Publican and say, O Lord,  
be mercifull unto me a sinner ; I  
cry with the blind, Jesus, Son of  
*David*, have mercie upon me ; and  
I faithfully believe that thou wilt  
freely and mercifully forgive me  
all my sins, be they never so many  
or grievous, if I faithfully ask it for  
them : for by faith, I am made of  
the Child of wrath the Son of  
God : by faith, I am married unto  
Christ : by faith, my heart is purifi-  
ed, Satan overcome, and the  
world vanquished ; by faith, I am  
preserved from damnation, ju-  
stified and made righteous : by  
faith, the wrath of God is asswa-  
ged

ged, and I work thy will ; O God,  
by faith, my prayers are heard,  
and requests granted ; thy faith,  
I please thee, O God, and  
am made the Child of Light ;  
by faith, I am born anew, and  
made the Temple of the holy  
Ghost ; by faith, I prevail against  
the gates of Hell, and am made  
the heir of thee, O God, and fellow-  
heir with my Lord and Saviour  
Jesus, Christ, of thy everlasting  
glorie. Faith is richer than all trea-  
sures, stronger than all corporal  
power, and more healthful than  
all Physitians ; grant me therefore  
O Lord, a true faith, and let me  
cleave to the merciful and com-  
fortable promises of thee, O God,  
so shall I be sure to have remis-  
sion and forgiveness of all my  
sins, I believe in the O Lord, help  
thou my unbelieve : encrease this  
my faith in me, I most humbly  
beseech thee, for Jesus Christ  
his

his ſake mercifully to behold me a moſt miſerable ſinner, and clearly to forgive me all thoſe ſins and wickedneſſes which I have committed againſt thee from my birth untill this preſent time : forgive me, O Lord, all my ſins, for thy Names ſake, though they be great and many : remember not the ſins and offences of my youth, nor my former ſins, but according to thy mercy think upon me, O Lord for thy goodneſs ſake, and have mercy upon me, and that right ſoon : help me, O God of my ſalvation ; O deliver me, and be merciful unto me a ſinner, for the glory of thy Names ſake : So ſhall I give thee thanks for ever, and magnifie thy bleſſed Name, world without end. *Amen.*

*A very godly Prayer with many  
Petitions.*

**O** Lord pour down thy heavenly grace and Fatherly favour

favour upon me, that I, being assured of thy favourable goodness towards me, may rejoyce and glory in thee; vouchsafe, O sweet Father, to send thy Holy Spirit unto me, which may make me a new creature; put away from me all fleshly lusts, fill my heart with new Affection and spiritual Motions; and through his Godly inspiration renew me both in body and soul, that I may die unto sin, and live unto thee in newness of life, serving thee in Holiness and righteousness all the dayes of my Life. O send thy wisdom out of thy holy Heavens, and from the Throne of thy Majesty, that she may be with me, and teach me thy will, and what is acceptable in thy sight; conduct me rightly in thy works, and preserve me in thy power; remove from me, O Heavenly Father, my lewd, stubborn and unfaithfull heart, and create in  
D me

me a clean and Godly heart :  
cleanse, me from all wicked  
thoughts : breath into my heart  
through thy holy Spirit, Godly  
and Spiritual motions, that I may  
bring forth good works to the  
praise, and glory of thy Holy  
Name ; grant me, O Lord, a qui-  
et mind, and a contented consci-  
ence, free from the damnable, ac-  
cusations of Satan, from the crafty  
perswasions of the world, from  
the subtile enticements of the  
flesh : Give unto me the precious  
gift of Faith; give me Christian love  
and perfect Charity, that I may  
love thee, my Lord and God, with  
all my heart, with all my mind,  
soul and strength : Let me love my  
neighbours as my self : give me  
grace patiently to suffer my ene-  
mies, to forgive and pray for  
them. Take from me all pride  
and haughtiness of mind : graft  
in me true humility; give me grace  
to



o be merciful and liberal to all that have need; Preserve my soul from all vice, and my body from sickness : make me able with strong faith to resist Satan : with fervent prayer to mortifie the lusts of the flesh, with Meditation of thy Holy Law, to avoid the vanities and pleasures of this wicked world; suffer me not to be overcome of Satan nor his Servants, but grant me a strong Faith to overcome them; Send thy Heavenly Angels to pitch their Tents about me, and deliver me from their Tyrannies: Make me of the number, O L O R D, whom thou hast ordained to be saved: place me among thy sheep, write me in thy book of life : grant me these petitions, and whatsoever else is needful for me, O most merciful Father, for thy dear son Jesus Christ his sake. to whom with thee, and the Holy Ghost, be all  
D 2 honour

honour and glory, world without  
end, *Amen.*

*A Prayer for Grace, and Re-  
mission of Sins.*

**O** Almighty God, and Father  
of our Lord Jesus Christ,  
the God of all comfort and con-  
solation, have mercy upon me;  
hear my prayers, *I* most humbly  
beseech thee for thy dear son Je-  
sus Christ his sake, for his merits,  
and the cruel death he suffered,  
to deliver me from Eternal Death;  
send into my heart the Spirit of  
Truth, to work in me a true, sted-  
fast, and lively Faith, that the  
Brightness and Clearness of the  
Gospel may shine in me, and  
lighten my mind, that I may un-  
derstand the unspeakable riches of  
my Redemption in and by Christ;  
open the eyes of my mind that  
*I* may know what the Hope is  
whereunto thou hast called me,  
and how rich the glory of thine  
Inheritance

inheritance is : that by true Faith  
I may be an unfained Professor  
of thy Holy Name, and worship  
thee in Spirit and Truth, Write  
in my heart the love of thy Law,  
and hate to all sin ; be merciful  
unto me , I heartily beseech thee,  
most merciful Father , for thy  
Christ his sake , and for his Deaths  
sake, thy Mercy, Truth and Pro-  
mise sake ; have mercy upon me,  
pardon and forgive me all my  
sins, iniquities, and offences what-  
soever I have committed against  
thee, in thought word or deed  
at any time heretofore by any  
meanes. Though I be poor, my  
Christ is rich : though I be a sin-  
ner, he is righteous : though I be  
impure, yet he is pure and Holy :  
for his sake therefore be mercifull  
unto me : wash me from my filth  
and wickedness ; cleanse me from  
my evil, forgive me my sins, forget  
my iniquities, pour out thy Holy

Spirit upon me, write thy law in  
my heart, grave it in my mind ;  
give me the Spirit of Prayer ;  
make me diligent and happy in  
the works of my vocation ; take  
into thy custody and governance  
for ever my soul and my body,  
my life , and all that ever I have.  
Tempt me never further than  
thou wilt make me able to bear:  
and whatsoever thou knowest I  
have need of in soul or in body, dear  
God, and gracious Father, vouch-  
safe to give me the same : and as  
thy child guide me , so that my  
life may please thee, and my  
death praise thee, through Jesus  
Christ my Lord , for whose sake  
I heartily pray thee to grant me  
these things thus asked ; and all  
other things necessary for my  
Soul and body , and grant unto  
me poor creature , thy blessing,  
and Holy Spirit to sanctifie me,  
and dwell in me as thy dear  
Child

Child to keep me this day and  
for ever from all sins and evil, to  
thy eternal glory, and my ever-  
lasting comfort, and the profit  
of thy Church, which mercifully  
maintain, cherish and comfort:  
keep me in thy truth; pour upon  
me, O Lord, thy Holy Spirit of  
grace and wisdom, to govern and  
lead my body and soul in thy Ho-  
ly Word and Commandments:  
shew thy mercie upon me, and so  
lighten the natural blindness of  
my heart, that I may dailie be re-  
newed by thy Holie Spirit. Open  
my hard heart, and gross ears,  
to read thy Word, hear thy hea-  
venlie voice, and believe and fol-  
low it in my life and conversation,  
and ever hold fast that blessed  
hope of everlasting life: mortifi-  
fie and kill all vice in me, that  
my life may expresse my faith in  
thee; mercifullie hear the humble  
supplication of thy servant, and

grant me thy peace all my dayes;  
for Christ his sake be merciful unto me : cast all my sins out of thy sight, pardon my infirmities, and defend me in all dangers, both outwardly in my body, goods, and name, and inwardly in my soul, against all temptations, and subtile bates of Satan : grant that *I* may truly and Godlily serve thee ; increase in me true Religion ; replenish me with all goodness, and of thy great mercy keep me in the same unto the end ; give unto me the Spirit of Prayer, true humility, perfect patience and continual joy in the Holy Ghost : and forasmuch as *I* must be at war with many enemies, grant me grace, and arm me with thy defence, that *I* may stand with an invincible constancy against all corruption wherewith *I* am compassed on all sides, until such a time as *I* having entred this combate, which  
during

during life *I* must sustain, *I* may in the end attain to thy heavenly rest which is prepared for me; through Jesus Christ my Lord and Saviour, *Amen.*

*Another Prayer for remission of sins.*

**O** Eternal God, behold me a poor and sinful creature, and a worm of earth, against thee, O holy father, against thee have I sinned: gracious God, cast not away a contrite and penitent heart humbly calling upon thee; but turn thine eies of mercy towards me: and forgive me the sins of my youth; cast me not away neither take thy Holy spirit from me; but give me the comfort of thy help, and stablish me in the truth; keep me thy poor creature, and destroy me not because of my iniquity, but be merciful unto me; for thy Son Jesus Christ his sake, let not thy heavy hand of Justice

D 5

destroy

destroy me, neither leave me in my sins pitiful Father, even of thee which art the God of mercy, I wretched sinner do ask mercy and forgiveness of all my sins; therefore for the glory of thy Name deliver me from sins, and forgive me all my sins: for as thou art God, so art thou gracious and merciful, and wouldest that none should perish, but all should be saved; Spare me, O Lord, for thy Names sake, and forgive me all my sins, and put out of thy sight all my offences; give me a new heart, and take from me all wicked desires, that I may evermore live according to thy will; give unto my eyes good store of light, that I sleep not to death, and that my sins prevail not against me: work in me, O Holy Spirit, that I may ever desire and covet that which is most pleasant and acceptable in thy sight; and that



that I have no desire to will, or not to will, but as thou wilt. O God, most Holy, Mighty, and merciful Saviour, be merciful unto me, and cast me not off in my age; forsake me not, nor shut not thy ears from my prayers, but be merciful unto me, and forgive me my sins. Most dear and blessed Saviour comfort the soul of thy servant, for unto thee do I lift up my heart and mind: shew me thy mercy, and grant me thy salvation; early in the morning will I cry unto thee, for thou art good and gracious, and of great mercy to them that call upon thee: deliver me from among the wicked, that I may give thanks unto thy Holy Name; make me to understand thy truth; knit my heart unto thee, that I may fear thy Name: Turn thee unto me, and have mercy upon me, and give me thy help and succour; hearken  
to

to the prayer of thy servant; hide not thy face from me, but have mercy upon me : *I* will alwaies call upon thy Name ; be thou present with me, and forsake me not ; but in the day of Judgement , vouchsafe, O blessed King, to place me among thine elect and holy people, that *I* may behold the glorious countenance of thy divine Majesty, and be filled with the exceeding sweetness of thy blessed presence, which is life everlasting ; grant this for thy mercies sake, *Amen.*

*A Prayer for true repentance.*

**O** Lord God, which art full of mercy and compassion, long-suffering, and of great goodness, which continuest thy mercy for thousands, taking away iniquity, sins, and offences: thou callest (after thy wonted mercy) by thy Word to repentance and hearty conversion, for unto all and every one is re-  
pentance

penitance and forgiveness of sins preached in thy Name ; *I* acknowledge the riches of thy lenity, patience, and long-suffering, in that thou doest not suddenly take away sinners from the earth, nor overthrow them in their wicked deeds-doing: but givest them space to repent, which is a most notable argument, that thou wilt not the death of a sinner, but that he be converted and live; for thou art merciful over all, and forbearst the sins of men for their amendment: thou lovest all things that are, and hatest nothing that thou hast made ; therefore unto thee, O most merciful God, do *I* cry, which knowest the hardness of my heart, and that *I* have no power of my self to rise up; convert me therefore, O Lord, and *I* shall be converted; O shew me my Offences, that striking my thighs, *I* may be heartily sorry for my sins  
com-

committed ; heal me , O Lord, and  
*I* shall be whole ; save me and I  
shall be saved , for thou art my  
praise ; behold me a sheep wander-  
ing, and ready to perish : seek thy  
servant O Lord, that I forget not  
thy Commandments. O Jesus  
Christ, look upon me with the eyes  
of pity, as thou lookedst on the sin-  
ful woman in the banquet, which  
prostrate at thy feet, did bitterly  
bewail her wickedness : favour me  
as thou didest the publican, who  
standing afar off in the Temple,  
and striking his Breast, said, Lord  
be merciful to me a sinner : grant  
that among the fears and terrours  
of conscience, *I* may take hold of  
thee by a lively faith, which hast  
redeemed me from the Curse of  
the Law, , and art made for me  
wisdom, righteousness, sanctifica-  
tion, and redemption : keep me, O  
Lord from desperation ; and let  
me flie to thee my Mediator ; and  
through

through faith have peace with God : restore in me the light of thy Law , that from my heart I may obey thee , my Redeemer , and walk in newness of life : thou which hast suffered for me in the flesh , give me grace , that likewise in the same mind I may be armed for the mortification of the flesh ; that I live not after the lusts of men , but after the will of God : I am sorry that I have spent the time of my life that is past , in wantonness , in lusts , in excess of eating and drinking , and other sins and wickedness : mollifie my heart , that I may earnestly repent of all my former sins and offences ; and for thy most dear mercies sake , O Lord , forgive me the same : keep the Devil under , that he trouble not my conscience , with reckoning up my sins , or extenuating thy mercy ; but grant me truly to come unto thee by hearty repentance

tance ; and that *I* may at all times, and at all places, lifting up pure hands, pray unto thee, and say, Lord forgive me all my sins and offences ; and with deep sighing, and sure confidence, confidently persist in making my prayers, supplications, intercessions, and giving of thanks for all thy temporal and heavenly benefits and blessings bestowed upon me. Hear, O Lord, both now and evermore, all my Prayers, and grant my requests for Jesus Christ his sake ; who liveth and reigneth with thee in the unity of the *Holy Spirit*, one God now and for evermore, *Amen*.

*A Prayer for remission of sins.*

**O** Merciful God, if *I* wretched sinner, had not promises in the Holy Scriptures of thy tender mercies, for the comfort of my weak conscience and sorrowful heart, *I* should have no remedy ( my sins are so great ) but must despair

spair. But though my sins were never so many and abominable, yet thy loving kindnesſes are more innumerable, and thy mercies more infinite; thou wilt not the death of a sinner but that he turn and live: thou cameſt into the world to call ſinners, to ſave offenders, to ſeek that was loſt, to eaſe thoſe that were loaden with ſin: O put my evil thoughts out of thy ſight; waſh me and make me clean, make me leave to do evil, and learn to do good; apply my ſelf to equity, aſſiſt the oppreſſed, help, the fatherleſs, hear the widdows, and let my ſcarlet ſins be made as white as ſnow, and my purple offences like pure white wooll; caſt my miſdeeds behind thy back, and never more remember them: forgive me my ſins; bear my infirmities, ſave me from deſtruction, and crown me with mercy and loving kindneſs, deal not  
with

with me according to my sins, nor reward me after my wickedness. Look how wide the East is from the West, so far hast thou set my sins from me; as a Father pitieth his own Children, even so art thou merciful to them that fear thee: thou knowest we are as glass, and as a flower of the field, which soon fadeth away, but thy merciful goodness endureth for ever.

O most gentle Saviour, thou art my loving Shepherd, which hast sought me running astray, laid me on thy merciful shoulders, and brought me home to the company of thy faithful; there is no whole part in my body, from the sole of my foot to the crown of the head, but all is wounds, sores, and stripes, which can never be bound up, mollified, and eased, except thou, O Lord, help me; O Lord, make clean my wounds, pour the Wine and oyl of spiritual gladness



gladness into them, bind them up, make them perfectly whole, and bring them into thy everlasting habitation; heal me, and I shall be whole; save me, and I shall be saved: O Father, receive me home, imbrace me in thy arms, favour me, that have ungodly and lewdly bestowed thy godly and virtuous gifts, which prodigal living greatly grieveth me, and I am most heartilie sorry that I have so heinously offended against thee. I most humblie beseech thee to have mercy upon me, forgive me my sins, and receive me into thy favour.

Take from me the rags of impiety, and cloath me with the Garment of Innocencie, and put on me the shooes of peace, that I may walk in the ways of thy holy Commandments: give me grace unfeignedly to repent and amend my life, that the Angels in Hea-

ven may rejoyce at my coming ;  
and wash me more and more from  
my sins, that *I* may be clean, and  
appear beautiful in thy glorious  
sight, and rest for ever in thy heaven-  
ly Mansion, *Amen.*

*A Prayer for blessings and forgive-  
ness of our sins.*

**O** Heavenly Father, I beseech  
thee, give me grace to flee  
from all sin, drunkenness, and  
gluttony; as from beastly vices and  
pestilent pestilences; and to use  
thy good Creatures soberly, tem-  
perately, and thankfully: keep me  
from fulfilling the lusts of the  
flesh; let me watch and pray, that  
*I* fall not into the snares of the  
Devil, and live soberly, watch  
warily, pray continually, look  
diligently for the coming of my  
Saviour, that *I* may be ready to  
enter with him into everlasting  
glory. O Saviour give me grace  
to visit the sick and prisoners,  
comfort

comfort the Fatherless, feed the hungry, cloath the naked, lodge the harbourless, and do those things which are most acceptable in thy sight.

*I* confess and acknowledge unto thee my sins and Offences ; my transgressions are infinite, as the sand of the Sea. *I* have departed from thee, and have not kept thy Commandements, as thou hast commanded me : Give me thy Righteousness, and forgive me all my sins : Finally, *I* beseech thee, most merciful Father, deliver me from this evil world, humane fear, and all Infirmities of the flesh and mind, from false Prophets, bad Brethren, and lewd Persons : defend me from the hands of mine Enemies, from all Evils present and to come, both in soul and body ; give me grace to serve thee in good Works ; and for thy Names sake deliver me from all Evil : arm me

me with thy holy armour ; weapon  
 me with thy blessed Word : instruct  
 me by thy Holy Spirit, that I may  
 serve thee in holiness and righteous-  
 ness all the daies of my life : break  
 the bonds of my sins, shake them  
 out of thy sight ; fully forgive me  
 all my offences , and let me possess  
 the inheritance of thy Heavenly  
 Kingdom. To thee , O Father,  
 Creator, Protector, Governor, and  
 Defender ; and to thy beloved Son  
 Jesus Christ our Peace-maker, Mer-  
 cy-Seat , Redeemer , Justifier, and  
 Advocate, and thy holy Spirit, our  
 Sanctification, Wisdom, Teacher,  
 Instructor, and Comforter, be all  
 dominion , power , and glory, for  
 ever and ever, *Amen.*

*A very fervent Prayer for remissi-  
 on of Sins , and many good piti-  
 tions.*

**G**Rant me, most gracious God,  
 thankfully to acknowledge  
 thy great mercy ; make me en-  
 crease

crease in repentance, faith, prayer,  
in contemning the World, in  
heartly desiring Life Everlasting,  
and thy blessed presence. Grant  
me (O most Gracious Lord) thy  
Holy and sanctifying Spirit, that  
I may heartily and faithfully pray  
unto thee with a pure and clear  
mind, with a humble and low-  
ly heart ; accept me into thy fa-  
vour; write thy Law in my heart,  
and so work in me, that I may be-  
lieve in thee, fear thee, love  
thee, and obey thee, and serve  
thee, as thou requirest. O loving  
Lord, forgive me my unthank-  
fulness, and all my sins. O Father,  
assure me of my everlasting salva-  
tion in Christ ; reveal thy truth  
unto me, confirm, strengthen, and  
stablish me in the same, that I  
may live as a vessel of thy mercy;  
endue me with the Spirit of Wis-  
dom ; keep me that I follow not  
the counsel of the wicked, walk  
not

not in the way of sinners, nor fulfill  
the lusts and desires of the flesh;  
subdue my lusts, and conduct me,  
that *I* may do those things that  
please thee, and hate those that  
offend thee; fasten me and plant  
me sure in the land of the living,  
and let me not be carryed away  
with vehement blasts of the wicked  
world; direct and order my  
paths, that *I* may walk in thy  
wayes; arm me with patience, and  
assist me with thy Holy Spirit,  
that *I* may shake off the bonds  
of the wicked, and cast away the  
yoke of sin and impiety: so guide  
me that *I* may alwayes serve thee  
in truth and verity, and in true  
Faith obey thee: *I* beseech thee  
receive me under thy blessed safe-  
guard; be my buckler; give me thy  
succour, that *I* may walk in thy  
truth before thee, and rejoyce on-  
ly in thee: O Lord hear me la-  
mentably calling upon thee: O  
Christ

Christ, which art my righteousness and innocencie, comfort me in all adversity: hear me mercifully when I call upon thee; make me to live in awe of thee, and evermore be afraid to offend thee, or sin against thee; give me the light of thy countenance, and let me feel and taste thy favourable goodness. Grant me peace and tranquility, firm hope and steadfast faith in thee. Have compassion on me, for *I* am sore vexed; heal my soul, help me, and deliver me from all my sins; for thy mercies sake hear my lamentable voice, hear my sorrowful cry, grant my petitions, confound my enemies, deliver me from all inconveniences, free me from all grief and heaviness: grant I be not overcome with the deceits of the wicked, lighten mine eyes, that I may rightly discern thee, and walk constantly in the way of Truth,

E through

through a stedfast Faith. O Lord God consider me, regard me with the eyes of thy Mercy: keep me from sin and sinners; let my heart rejoyce in thy salvation, that I may sing praise, and render thanks unto thee, for that thou hast delivered me from all my sins and transgressions: free me from all impiety and ignorance, that I may earnestly seek thee: keep me as the Apple of thine eye, defend me under the shadow of thy wings, and satisfie me with the desire of thy glory, shew me thy way, teach me thy paths, deliver me from all ungodliness, wipe out all my sins and offences, and clearly forgive me all my misdeeds, for thy most dear Mercies sake. *Amen.*

*A most godly Prayer for Repentance,  
and Life Everlasting.*

O God Almighty that hast created me of nothing in the  
Cælestial



Cælestial form of mankind ; and by thy holy Word governed and taught me to know , confess, honour and serve thy Omnipotent Majesty ; so as where I was far from thee by sin, I am now by thy grace brought neer thee, and reconciled to thy favour as a Son ; Therefore as one environed with many sorrows , perils, wretchedness and calamities amidst the swarms of innumerable enemies that seek to spoil me, I call for thy help, which art the only sure and invincible fortress wherein I may be saved. O Father, stretch forth thy mighty hand, and give me a joyful victory against the power of the malicious enemies that would spoil me: from the bottom of my heart I cry unto thee to save me ; and for the love of thy dear Son deliver me from all sin, and the power of darkness : and by thy holy Spirit lead and

E 2                      guide

guide me in the light, and paths of thy most glorious and heavenly grace, that in this short and transitory life ( beset round with many storms, perils and deceits to perdition ) I may alwaies cleave fast unto thee, and utterly despising all earthly pomp and vanity, I may pass unto the Port of perpetual peace and safety, there to possess the triumphant and eternal joys, which are prepar'd for thine Elect.

Open the eyes of thy fatherly pity, I beseech thee, and give me grace earnestly to repent my misdeeds: put away my sins, and forgive me all my offences; renew whatsoever is decayed in me, either by the fraud and deceit of the devil, the vanities of the world, or my own carnal will and frailty; let me put my whole trust in thy mercy; impute not my sins unto me, but take me into thy favour and blessing: strengthen me with thy  
thy

thy Holy spirit; pour upon me the manifold gifts of thy grace, the Spirit of Wisdom, Truth, Meekness, Love, Peace, and Patience, that I may live here in this life godlily and vertuously, die in thy faith and fear, and reign with thee in the world to come in everlasting glory. *Amen.*

*A Prayer of Thanksgiving, and for remission of sins.*

**O** Almighty and Eternal God, our gracious and merciful Father, all praise, honour, and glory, be given to thee. O let me extol and praise thy name for ever and ever: for thou hearest my prayers, grantest my requests, and abundantly pourest thy graces and benefits upon me: thou chusedst me before all eternity, write my name in thy book, and make me Fellow-heir of thine everlasting Kingdom. I will praise thee for creating me

after thine own similitude and Image, in wisdom, innocency, holiness and righteousness, little inferiour to the Angels: for redeeming my soul and body from destruction, for forgiving me my sins, and delivering me from death everlasting. I thank thee for that precious Jewel of thy sacred Word, for teaching and comforting me, for preserving my soul and my body in health. peace and liberty, for the use of thy good creatures both for my necessity and delight, for food to nourish me, apparel to cloath me, the benefit of rest to refresh me. O gracious God, give me thy special grace, that I may morning and evening, and at all times, praise and highly magnifie thee, and ever offer this sacrifice, even the calves of my lips, unto thy heavenly Majesty: sanctifie my senses to thy honour and glory, charge thine Angels to pitch their Tents about me.

me, and save me : give me power and strength against Satan, sin, iniquity, and all ungodliness, and let me never more offend thee ; bless my endeavours, the beginnings and issues of all my affairs; fill my heart with thankfulness to thee, and charity to others ; protect me in all places, defend me from all dangers, and let thy Blessings be with me wheresoever I become : O Lord grant me grace still to praise thee, and ever heartily pray unto thee : good Lord hear me, and freely forgive me all my sins, for Jesus Christ's sake : to whom with thee and the Holy Ghost be all praise, thanks, honour, and glory, now and for evermore. *Amen.*

*A very devout Prayer for repentance and all other things whatsoever needfull, and life Everlasting.*

**O** Most mighty God of Angels and men, whose wisdom is infinite, and judgements

unsearchable, hear the prayers of thy servant, and give ear to the humble petitions of thy poor creature. O let me incline my soul unto thee, and set my eyes upon thee; turn thy anger away from me, and let me find favour in thy sight. Heal my soul that hath sinned, free me from my transgressions, pluck me from my faults, for I acknowledge my Offences, and am sorry for my sins. Pride and arrogancie hath beguiled me, foolish boldness overtaken me, and my own counsels & devices misled me: thou hast counselled me and I followed it not; thou didst strick me, and I regarded it not; thou didst correct me, and I received not thy discipline: have mercy upon me, O Lord, have mercy upon me, I most humbly beseech thee; hear my prayers, forgive the sins of my youth, and turn thy displeasure from me. Come unto me, O Lord, and save me,

me; destroy not my soul, whom thou hast so mightily redeemed, but arise and deliver me, save me for thy mercies sake : grant me sorrow for my sins, and a fountain of tears for my offences, that I may daily bewail my iniquities. Let my prayer enter into thy presence, and my cry come unto thee ; help me in my troubles, hear my prayers, and freely forgive me all my sins. O God Almighty, behold me thy unworthy servant, give me thy holy spirit, fervently to desire thy Kingdom, acknowledge thy will, and work thereafter : give me wisdom, constancy, patience, and strength in thee ; let thy mighty arm preserve me from the invasion of the devil, the cursings of evil tongues, the malignity of the wicked world ; give me grace to repent my misdeeds, be sorry for my sins, and penitent for my offences. Make me love justice, hate wrong, and abstain from evil, Take

care of my soul, forgive me my sins, and save me thy servant. Give me what thou wilt, as much as thou wilt, and when thou wilt; do with me as thou wilt ; put me where thou wilt, and in all things rule me as thou wilt : grant me grace to despise worldly vanities, mortifie carnal affections, and give my mind wholly to heavenly meditations : assist me with thy grace, strengthen me with thy heavenly power, comfort me with thy Holy Spirit ; that neither my cruel enemy, my wretched flesh, or subtil spirit, have domination over me. Deliver me, O Lord, I beseech thee, from the cares of this world, keep me from bodily necessities, let me not be overcome with voluptuous pleasures of the world, the allurements of the flesh, or instigation of the Devil. Let not flesh and blood overcome me, the world with its vain glory deceive me,



me, nor the Fiend with his manifold crafts supplant me, but give me ghostly strength in resisting them, patience in suffering them, and constancy in persevering to the end; give me for worldly delights, the sweet Consolation of thy Holy Spirit; for fleshly love, the fervent love of thee, and thy heavenly wisdom, that I may seek thee, find thee, and above all things faithfully serve thee: in temptation strengthen me; in tribulation succour me; and from all my Enemies, both Bodily and Ghostly, freely deliver me. Give me grace to despise all worldly things, all motions of sin, and let no vanity deceive me. End ( O Lord ) my miseries, deliver me from the bondage of sin; and grant me a full sight and contemplation of thy glory, through Jesus Christ our Lord and Saviour, *Amen.*

*A Prayer or meditation, whereby the  
contemplation of light and darkness  
is stored up, with a remembrance  
of the shortness of our life,  
and for life everlasting.*

**A**S my bodie, O Lord, is compassed with thy blessed light, so let my mind with thy heavenly light be illuminated ; and as thou givest me corporal light, so I beseech thee give me spiritual light ; for sure I believe my body shall be as clear as the Sun in the day of judgment ; and as the Sun riseth in the morning, is highest at noon, and in the evening draweth downward ; so my life, and all things in this world (how glorious soever) being at the highest, decrease and wear away : grant me therefore (O God) a quiet and contented mind which is most like thy holy Name. And as houses are ordained to keep us from the injury of weather, cruelty of beasts, disquietness of  
the

the People, and dangers of the World ; so grant, most gracious Father, that my body may enter into thy Heavenly Mansion, wherein my body and soul may have rest, peace and joy everlasting. O take from me this veil of sin, and let me ever have clear light in my Mind ; and as I am not sorry when the Sun goeth down, so let me rejoice in Death, whereby I come to thy heavenly Habitation. Thou which art the Author of light, take away the dimness of my mind, and let me see clearly; let thy word be a lanthorn unto my feet, and light unto my paths ; as after the day I give my self to rest in the night, so most merciful Father, govern and prepare me, that after this life I may rest and live with thee in eternal glory. Nothing is so like Life as Day, nothing is so like Death as Night; nothing so like the Grave as the Bed ; and as I fear not to enter my  
bed

bed and sleep, so let me not fear to die, but prepare my self for it, that after the temptations, troubles and tempests of this world be ended, I may enjoy that heavenly, pleasant and delectable rest, that is prepared for thine Elect: which grant me sweet Father, for thy Son my Saviour Jesus Christ his sake, to whom with thee & the Holy Ghost be all honour and glory. *Amen.*

*A Prayer to spend our life, so as we may live in Heaven eternally.*

**D**ear Father, God of Heaven and Earth, I miserable and sinful Creature, do prostrate my self before thy Majesty, desiring thee from the bottom of my heart, to be merciful unto me; and though I am not worthy to receive the least favour of thee, and from thee, yet of thy Fatherly care over me, thou givest me of thy blessings abundantly, yet my weak nature is such, as I forget from whence these  
good

good graces flow, and am no way thankful for the same ; but like the gormondising Glutton, continue in my vain desires, and worldly pleasures, which in a moment shall vanish; endue me therefore, most dear Father, with thy holy Spirit, and give me grace to spend the short pilgrimage of my life wholly in thy testimonies, that I may joy in the service of thee, and continually be careful to please thee ; so that when thou shalt mow up the root of this transitory life, I may be ready, like the wise Virgins with my Lamp burning, that passing from this dark veil of misery, I may be received to thy bright joy and everlasting habitation, *Amen.*

*A Prayer to God to take care of us, preserve us, and forgive us our sins.*

**O** Father that madest the light, lighten mine eies, that I sleep not in death, and let not my enemies or sins prevail against me;  
drive

drive me from the darknes of ignorance, and illuminate me with thy holy Spirit, that I may despise the deceitful delights of this world, and earnestly strive for the true joyes of heaven; that I may heartily forsake all transitory things, and endeavour to attain things eternal; preserve me from the assaults of the devil, keep me from all sin, and deliver me from sudden death. Grant me solace in tribulation, assistance in temptation, and after death save me from condemnation. I beseech thee, and from the bottom of my heart intreat thee to direct me in the way of thy Commandments, that I may begin, continue and end my life to thy glory, and the salvation of my soul; keep me from sin, restrain me from iniquity, cool the heat of my concupiscence, that raigneth in me; let me lead the remnant of my life in thy fear and love; direct my heart

heart, body, senses, speeches and actions in thy law, and works of thy Commandments, that leaving the delights of this world, I may thirst for thy Kingdom : Curb the devil that he hurt me not, grant me thy mercy, and forgive my sins. Furthermore O Lord, give me purity of heart, austerity of the flesh, mortification of my appetites. Watch my eye, and bridle my tongue, let me desire nothing but thee, and be evermore mindful of thee. Give me humility of heart, patience, obedience, meekness, charity, constancy, and endue me with thy heavenly grace, and Christian goodness. *Amen.*

*A Prayer for the aid and protection of God in our affairs.*

O Omnipotent and Eternal God, who art the life, the way, and the truth, behold I walk among the temptations of the devil, the snares of the world, and

drive me from the darknes of ignorance, and illuminate me with thy holy Spirit, that I may despise the deceitful delights of this world, and earnestly strive for the true joyes of heaven; that I may heartily forsake all transitory things, and endeavour to attain things eternal; preserve me from the assaults of the devil, keep me from all sin, and deliver me from sudden death. Grant me solace in tribulation, assistance in temptation, and after death save me from condemnation. I beseech thee, and from the bottom of my heart intreat thee to direct me in the way of thy Commandments, that I may begin, continue and end my life to thy glory, and the salvation of my soul; keep me from sin, restrain me from iniquity, cool the heat of my concupiscence, that raigneth in me; let me lead the remnant of my life in thy fear and love; direct my heart



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frailty of the fleſh, open therefore  
O Lord, my eyes, be thou my guide,  
and conduct me right; be in my  
way, Oh Lord, my ſuccour and ſo-  
lace, in heat a ſhelter, in cold a  
garment, in wearineſs a reſt, in  
ſhipwrack a Haven: guide me in  
thy paths, and teach me thy ways,  
beat me down, and humble me,  
that I truſt not in terreſtrial things,  
but erect my ſpirit and mind to  
Heaven, and there to faſten my  
hope; direct my intent to that end,  
and let me ſo live on Earth, as I  
may be received into the everlaſt-  
ing Kingdom. Grant that I may  
learn ſo to reſt in thee, and truſt in  
thy bleſſings, that I may abſtain  
from all evil; look after cæleſtial  
Riches, and learn to be content  
with what it ſhall pleaſe thee to  
beſtow upon me. Lord have mer-  
cy upon me, and hear my Prayers.  
turn my ſins from thee, and ſave  
me for thy mercies ſake; there is

no man can heal me, nor deliver my soul, but thou, O Lord: my destruction cometh of my self, my hope and salvation standeth only in thee: in the time of tribulation hear me, in the day of death deliver me, and for thy mercies sake have mercy upon me, be merciful unto me, which have none but thee to help me; destroy me not because of mine iniquity, nor be no longer angry with me; let my prayers ascend unto thee, and be thou my health and salvation: I acknowledge I have many ways from my youth hitherto most grievously offended thy Divine Majesty, for which, O God, be merciful unto me a most wretched sinner; forgive all that is past, save and defend me from all evil hereafter, confirm me in a godly life, to the honour and glory of thy blessed Name. *Amen.*

*A very good prayer for forgiveness  
of sins.*

O Cælestial Lord, Omnipotent  
and eternal Father, I bleſs thy  
Divine Maieſty, I praife thy infi-  
nite bounty and mercy, I magni-  
fie thy eternal wiſdom and truth,  
which with thy mighty hand haſt  
ever defended me from all perils,  
dangers, and enemies: comfort me,  
cheriſh me, maintain me, and for  
ever hereafter defend me, that my  
mouth may ſet forth thy glory:  
praife the Lord, O my ſoul, I will  
praife the Lord, and all my life  
ſing praifes unto his holy Name.  
Preſerve and defend my ſoul, and  
my body from all perils, preſerve  
me from all worldly ſlanders, drive  
mine enemies from me, guard and  
protect me, that I never offend  
thee, or with my ſins grieve thee;  
early in the morning let me ſeek  
thee, in the evening let me praife  
thee, and be ever careful to pleaſe  
thee:

thee : punish me not according to my sins , but be merciful unto me for thy great goodness and mercie sake. Reprove me not, O Lord, in thine anger, nor correct me in my wickedness : shew me thy mercy, and grant me thy salvation; free me from thine anger, deliver me from sudden death , and save and keep me from eternal damnation. Grant that I may so follow holiness all my life, that thy glory may shine in my good works, and that I may enterprize nothing but that which shall be to thy praise and glorie : exempt me from the world and all filthiness of the flesh; keep me so diligently, that I may follow true goodness and piety. Grant I may apply my heart unto thee, purge it from all impuritie and filthiness , make me abstain from all evil deeds, deceits and cruelty. Deliver me from sin , wickedness and all evil, send thy holy Angel  
to

to guide me in my doings, and keep me in thy ways, that I may not do, think, or will any thing, contrary unto thy holy will and commandments: let me sing and rejoyce before thee, worship and serve thee, and come into thy presence with mirth. Thou madest me, I am a sheep of thy flock: remember not, O Lord, the ignorance of my youth, but according to thy great mercy be mindful of me, turn my wailing into joy, cut my sack of sorrow in pieces, & cloath me with celestial gladness, that I may sing to thy glory world without end, *Amen.*

*A good prayer for a sinner, and for Gods grace to keep him from sins, and grant him life everlasting.*

**O** Lord, let thy grace spring in my heart; suffer me not to perish with the ungodly, direct me with thy rule of justice, make plain thy way before me, lest the wicked spirit put me out of it; defend me

me with thy Grace as a shield, gather me under thy wings, and keep me safe among thy Feathers; send thy truth and light to lead me, and bring me to thy holy dwelling. O my soul trust in the Lord, he is my God and my helper. Have mercy upon me O Lord, thou God of all things, have respect unto me, send me thy fear, and bestow on me thy mercy.

Awake, O my soul, and stand up from death, that Christ may lighten thee with the beams of his mercy: shew me the way that I shall walk in, and deliver me from mine enemies, for I fly unto thee. Teach me to doe those things that shall please thee: let me put my trust in thee, and have mercy upon me; look upon my adversity, and misery, and forgive me all my sins: O keep my soul, and deliver me, and let me never be confounded, but be merciful unto me, and have mercy upon me. Watch

( O

( O my soul ) for thou know'st not  
when the Lord will come : watch  
an pray O my soul , that thou  
enter not into temptation : watch  
( O my soul ) fast and pray , and  
be strong in faith : set a watch, O  
Lord, before my mouth, and keep  
the door of my lips, and let not my  
heart be inclined to evil. O keep  
me in thy paths, that my footsteps  
slide not ; hear me, and have mer-  
cie upon me ; knit my heart unto  
thee, that I may fear thy Name,  
ponder thy wayes, consider my  
meditations, and mercifully hear  
me : lead me in the right way, let  
no wickedness have dominion o-  
ver me; turn all voluptuousness  
from me, take from me the lusts  
of the flesh , let not uncleanness  
take hold of me, give me not over  
to an obstinate mind, turn my eyes  
away from vanities, let thy loving  
mercies come unto me. Suffer me  
not, O Lord, to enter into the way

of



of sinners, but whensoever through frailty, of my corrupt nature I run astray, then, O Lord, stay me, and pluck me back again, that I may joy in the desire of thy Law, that I may ever chuse and do those things which are most pleasant to thee, and hate all that offend thee.

Plant me by the water-side, and let me bring forth fruit to thy honour and glory: grant that I may stand in the assembly of the righteous, that I escape all punishment, be delivered from Condemnation, and with thy Saints and holy Angels live in everlasting glory, world without end. *Amen.*

*A confession of sins necessary to be said at all times, & forgiveness of sins.*

**O** God and Merciful Father, be Merciful unto me, for many enemies fight against me, O God most high, I (here prostrate in heart) confess my abominable wicked-

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nes

ness, wherein all my life long I have offended thy Heavenly Majesty, in thought, word and deed, which are infinite and cannot be numbered; make them, O Lord odious and grievous unto me, make them detestable in my sight, give me the grace of true repentance; grant unto me, sinful wretch, the forgiveness of all my sins, and release me from all pain due for the same. Thou hast commanded us to ask and pray, and thou wilt forgive; to knock, and thou wilt open: grant me, O Father, I beseech thee, a continual and stedfast Faith and only hope in thee, and in Christ Jesus, that I may cry, O God the Father, have Mercy upon me, O God the Son have Mercy upon me, O God the Holy Ghost, have Mercy upon me; O glorious and blessed Trinity, have Mercy upon me, and forgive me all my sins and wickedness, that I have committed and done

done ever since I came into this miserable world, untill this present hour, and grant O Father, I wretched sinner beseech thee, that I never hereafter fall into any sins or offences, Defend me against all my enemies, the Devil, the world, and the flesh. O Christ, which cam'st into the world to ease those which were laden, to seek those that were lost, to call sinners to repentance, and to give life everlasting to the faithful, I poor sinful creature from the very bottom of my heart bewail and lament my wretched and sinful life, beseeching thee, according to promise, to be Merciful unto me, to be my Mediator, to God the Father for me, that he may fully and freely forgive me all my sins whatsoever formerly committed against thee, and wholly possess my heart with thy holy Spirit that he may defend me against all perils to come, which the devil, the world, or

the flesh imagineth against me, and so change me into a new man, that my old sins being washed away by thy precious blood, I may walk from Vertue to Vertue, to the praise of thy blessed name. *Amen.*

*A General confession of sins, with a Prayer for Remission of the same.*

**O** Most Merciful Lord God, most dear and tender Father, vouchsafe I beseech thee, to look down with thy Fatherly eyes of pity upon me, most vile and wretched sinner, who lies heartily prostrate before the feet of thy bottomless mercy; I am not worthy to be called thy Son, but for that thou art, the God and Father of all comfort, and desirest not the death of a sinner, but takest care to cure my wounded soul: pour, *I pray thee*, the precious Oyl of thy sweet comfort into my wounds, that *I* may joyfully run into the lap of thy everlasting  
pity;

pity : thou art my hope and trust in whom *I* only repose my self, *I* accuse my self unto thee, that *I* have fore and grievously offended thy Almighty Majesty, in committing grievous and manifold sins and wickednesses, that *I* have not kept the least of thy Commandments, as thy righteousness requireth of me; *I* have not honoured thee as a God, dreaded thee like a Lord, nor loved thee like a Father, nor used thee as my Saviour. Thy holy and dreadful name have *I* used in vain, *I* have followed the Prince of the world in concupiscence of the flesh, pride of living, in covetousness, in gluttony, in hatred, in envy, in backbiting, in despair, and in misbelief; but in what manner soever *I* have offended thy most godly Majesty, *I* am heartily sorry for it, even omre the very bottom of my heart; and in token of my hearty repentance *I* knock and strike my breast, and in

the bitterness of my soul; *I* cry and say, Lord God Father have mercy upon me, Lord God Son have mercy upon me, Lord God Holy Ghost have mercy upon me: spare me of thy infinite mercy, and grant me thy abundant grace, that *I* may change my sinful life; put off the old man with all concupiscence, that *I* may die unto the World, and the world unto me: strengthen my heart in true humility, perfect love, hope and trust in thee. Give my soul grace to desire only to rejoyce and repose my self in thee, that *I* may utterly forsake the vain affiance of the World, that *I* may be ready to go with thee whensoever thou shalt come upon me: be thou O Lord, alwayes unto me a Tower of strength, a place of refuge, and defend me against the feind, and all desperation: let thy comfort cleave unto me, thy mercy keep me, and thy grace guide me.

me. Take O Father, that thou hast made, take O Son that thou hast with thy precious Blood dearly bought, take O Holy Ghost, that thou hast kept and preserved by thy grace to draw me neer unto thee, hear my prayers, forgive my offences, comfort me in my afflictions, let my ghostly enemy have no power on me, but give me strength to withstand his deceitful snares; let me live to my comfort, die in the true faith, and rest with thee in thy everlasting Kingdom. *Amen.*

*Another Prayer for forgiveness of sins, and to be guided by the grace of God to preserve and keep us.*

O Maker of Heaven and Earth, King of Kings, and Lord of Lords, which of nothing didst make me thine own Image, didst redeem me with thy precious blood; I am not worthy in my heart to think on thee, nor in my mouth to name thee, therefore I humbly de-

ſire thee, and meekly pray thee,  
gently to behold me thy unworthy  
ſervant, and have mercy upon me,  
as thou haſt on the Woman of  
*Canaan.*

Unto thee *I* confeſs my ſins, have  
mercy upon me (*LORD*) for *I* have  
moſt grievouſly offended thee, in  
pride, covetouſneſs, lechery, vain  
glory, hatred, envy, adultery; in diſ-  
ſolute and wanton living, in idle  
words, in thinking, ſleeping, and do-  
ing all things, wherein frail men  
might ſin; therefore *I* moſt humbly  
pray and beſeech thy goodneſs,  
have mercy upon me, and forgive  
me my ſins. Thou art my hope,  
truſt and defender, my help, ſtrength,  
life, health, reſurrection and re-  
demption; *I* therefore moſt humbly  
pray and beſeech thee help me, de-  
ſend me, make me ſtrong and com-  
fort me: viſit me, and receive me,  
*I* am thy ſervant and bond-man  
(though evil and a ſinner) therefore



I flee unto thee to be revived ; If *I* be unclean, thou canst make me clean ; If I be sick, thou canst heal me : If *I* be dead, thou canst revive me, for thy mercy is more than my sins : and thou canst forgive more than *I* can offend , therefore, O Lord, consider not the number of my Offences, but according to thy great mercy have mercy upon me, say unto my Soul, thou art my salvation : O be not angry with me, but most meek Father, for thy mercies sake , forgive me all my misdeeds, grant that I may truly know thee, with my heart believe thee, and mouth confess thee. Purifie my heart with the fire of love, mortifie in me whatsoever is amiss, garnish my mind with thy heavenly benefits and spiritual gifts ; arm my soul against the crafty assaults of the subtil Serpent, the vain pleasures of the world, and the lewd lusts of the filthy flesh.

○ Saviour have mercy upon me which have committed many sins against thee, and have mispent the gifts of grace that thou so lovingly didst give me: be Merciful unto me O bountiful Lord, and I will wholly put my trust and confidence in thy mercy. Let me ever dread thee, love thee, and serve thee with all my heart, mind, will, might, power, and strength of Soul and body: and grant that I may do all things according to thy will: let all my offences be forgotten before thee, and make me persevere in vertuous living, that I may order my self in this world to thy will and pleasure: let me depart out of this World in a clean and pure life, for the comfort and Salvation of my sinful Soul: and most Merciful Lord, I pray thee to give me stedfast faith, true hope, and fervent charity, give me thy grace and Merciful aid in all my ways, to pursue and follow thy will

will and Commandments; to es-  
chew my own frail will and de-  
sires and false enticement; so in this  
life I may live a true Christian, and  
after death behold thy most glori-  
ous face in heaven. *Amen.*

*A devout Prayer for all Christians.*

**O** Lord, which hast vouchsafed  
of thy unspeakable goodness  
to make and ordain me thy crea-  
ture, to live in this transitory life,  
giving me a reasonable Soul, by  
which I know thee, my Lord and  
my God. O most blessed Lord, I  
wretched sinner confess my wicked  
and abominable sins, I humbly ask  
thee mercy and forgiveness for the  
same; grant me thy strength to  
stand sure in faith, thy knowledge  
to work thy blessed will, thy pow-  
er to resist all errors and wicked  
imagination, by wisdom to know  
the truth; give thy help I humbly  
beseech thee, that thy holy spirit  
may guide me, and all the thoughts  
and

and desires of my heart ; for the thoughts of men are miserable, and their deeds uncertain ; comfort therefore my Soul, let it walk in thy Laws, and wayes, and work thy will ; suffer no worldly perswasions to take place or root in my heart, but by thy holy Spirit so direct my wayes and works that they may be acceptable in thy sight. Suffer not my soul to perish whom thou hast so dearly bought , but have mercy upon me : make me poor in spirit, low in heart, content with my calling, and let my Soul rest in thee, let me love thee as a Father, a forgiver, a Saviour ; and fear thee as a Lord, a Judge, a Revenger. O Father, put from me my sins and wickedness, make me to walk in the way of thy Commandements ; let me reverently fear thee ; and stand in awe of thy Judgements : let me love thee as a Saviour, honour thee as a Lord, and fear thee as a Judge

Judge. Grant me grace to set thy fear before me . to stand in awe of thee, and of thy Judgement ; that I do nothing to provoke thy heavy displeasure against me : that I may walk in thy Fear and Holy Ordinances, and embrace those vertues that shall evidently declare my faithful love, true honour, unfeigned Repentance, and humble fear towards thee. Have mercy, pity, and compassion upon me most miserable sinner, for my offences are horrible great and grievous, but I appeal to thy mercy, which is above thy works : O let me live with thee eternally, and not die though I have deserved it; make me a vessel of thy mercy, that I may praise thy name; let not my sins swerve me from thee, but let me magnifie thy power and mercy : O gracious God, give me true, hearty, earnest and unfeigned repentance, that I may from the bottom of my heart continually  
la-

lament my manifold ſins and tranſgreſſions, my unthankfulneſs towards thee, for all thy merciful benefits abundantlie beſtowed upon me. Alas that ever I becom ſo wicked and unkind a creature, to diſpleaſe ſo good a Lord, ſo loving and merciful a Father ! O forgive me all my ſins that ever I have committed againſt thee ; let me never more offend thee but alwaies gladly ſerve thee in righteouſneſs and holineſs all the daies of my life : govern and guide my heart in thy faith fear and love, that in all my thoughts, words, and deeds, I may glorifie thy holie Name, to whom be all glorie, praiſe, power, and dominion, now and evermore, *Amen.*

*A faithſul Prayer, very fit for all perſons.*

O Moſt excellent goodneſs, withdraw not thy mercy ; O moſt mighty Maker, deſpiſe not thy work : O moſt prudent Redeemer ſuffer

suffer me not, the price of thy redemption, to perish : O most gentle, ghostly and heavenly host, purifie, save, dress and keep thy house and dwelling place in me. O most blessed, charitable, sweet, and bountious Jesus, O most excellent, glorious, Merciful dear Jesus and sweet Saviour, have mercy upon me, and freely forgive me all my sins. O make me love thee, turn to thee, and be sorry and contrite for my wickedness, let me remember thy benefits, meekness, painful and bitter passion, thy patience, obedience, love and charity : sanctifie me that I may worship thee, magnifie thee, and heartily love thee with true reverence and devotion. As thou art most dreadful, make me to dread thee ; as my Father to love thee ; as my Lord to serve thee ; dwell in my soul by thy grace, mercy, charity and cleanness. O wound my heart with thy most Holy wounds

wounds,moisten my mind with thy precious blood, that whatsoever I do, or wheresoeuer I turn me, I may behold the crucified; and thus beholding thee I may fix my mind on nothing but only thee, and I beseech thee, that thou wilt vouchsafe of thy goodness to direct, sanctifie and keep my soul and my body, my senses,talk, communications and all my doings in thy holy laws and works of thy Commandements, that thy Holy Angel be with me to direct me in the wayes of peace, truth & health: that I may be whole safe and free in thee, and by thee, both here and in the world to come. Hear me and save me, O King of glory, which livest and reignest world without End. *Amen.*

*A very good Prayer to God, to take from us all evil things, and to give us all good things.*

**G**ive, O Lord God, unto my heart repentance, to my spirit contrition,



contrition, to my eyes, a fountain of tears, to my hands abundance of almes and put out of me the desires of the flesh, and kindle in me the fire of thy love; put out of me the spirit of pride and vain glory, and give me true humility: take away from me, O Lord, the fury of anger, and give me the buckler of patience; pluck from rancour and malice of mind, and give me meekness of soul, give me (most gentle Father) a stedfast faith, sure hope, and continual charity. O God turn from me vanity, unconstantness of mind, wantonness of body, lewdness of talk, a high mind, excess of diet, evil speaking of others, covetousness of riches, greediness to rule, desire of vain glory, the vice of flattering, despising the poor, oppressing the weak, unsatiable avarice, and deadly blasphemy. Take from me undecent rashness, stubbornness, unquietness, idleness

idleness, sluggishness, dulness, blindness of heart, obstinacy of understanding, cruelty of condition, disobedience of that is good; and give me O God, for thy dear Son's sake, the works of mercy, and affections of piety, to suffer with the afflicted, to counsel the evil, help the miserable, succour the needy, comfort the sad, aid the oppressed, relieve the poor, moan them that weep, pardon my debtors, spare them that offend me, love them that hate me, do good for evil, embrace vertue, reject vice, and live in all goodness; O God, make me rich with thy gifts, defend me with thy munition, give me the strength of thy Salvation, be my shadow in the day of battel, my deliverer in the time of affliction, my aid in Tribulation, my light in salvation, and conduct me to thy everlasting rest, that *I* may live with thee in eternal glory. *Amen.*

*A very good Prayer for God's aid. forgiveness of sins, and life everlasting.*

**O** Christ, that callest all men unto thee, spread forth the beams of thy light, that we walk not in darkness, for thou art the way to Heaven, and Son of righteousness, in thy Cross we triumph, in thy shame glory, by thy pain we have peace, in thy tears joy, in thy sorrow comfort, in thy death life.

*I humbly beseech thee therefore pour upon me the spirit of wisdom, grace and mercy, with the force of his beams, to drive away the darkness of my mind, and with his fire purifie my perverse affections; with his celestial lamp kindle in my heart the true zeal of glory; with his holy Ointment embalm my Conscience; with his Fatherly Oyl refresh my bowels; and with his vertue renew in me an upright heart to cleanse my soul from dead works: and replenish me with righteousness.*

teousness, that *I* may overcome Satan, the world, the flesh and my lusts : above all let me have the true consolation of a faithful soul, his joy, quiet and content. Thy word is unto us the image of glory, the law of thy Kingdom, the ladder to heaven, the gate to Paradise, the treasury of piety, vertue, wisdom, consolation, and perfection; yet the grossness of our flesh is so ignorant and perverse, that it will neither see thy spiritual riches, nor hear thy true and wholesome doctrine, but taketh the thorn for the rose, the leaf for the fruit, and the husk for the kernel.

*I* humbly beseech thee therefore most merciful Father, to guide me in the understanding of thy truth, and instruct me by thy spirit, to make me perfect in the principles of salvation, the true knowledge of thee, and of faith, piety and righteousness, to believe in thee and Jesus Christ thy only Son, to glorifie thee,

thee, love thee, fear thee, and serve thee. Grant that my thoughts may be replenished with stedfast hope, supported with assured expectation to obtain the Cælestial riches, which no eye hath seen, ear heard, or understanding comprehended, that I may beho'd thy countenance live in thy Kingdom, enjoy the society of the Angels, be a fellow-heir with thy glorified spirits, to be fully united unto Christ, and by him to the Father and fountain of eternal life, and so possess eternal joy: and let the hope of enjoying that happiness be my thought, pleasure, labour, habitation, and only vocation; and grant me grace to turn my course, that in the end I may obtain the Diadem wherewith thou crownest thine elect, that I may praise and magnifie thy holy Name, world without end. Amen.

*A Prayer for Remission of sins, and to  
God to assist us to live well, and  
to free us from sin, and to live in  
Heaven eternally.*

**O** Lord my God, I will glorifie  
and praise thee with thanks-  
giving, give me thine aid, save and  
deliver my soul out of the deep  
Dungeon; keep me from the pit of  
destruction, take all trouble from  
me, let my life be agreeable to thy  
desire: take away my evening la-  
mentation, and give me the joy of  
the Morning consolation. O Lord  
hear me, have pity upon me, and be  
merciful unto me, take me from all  
heaviness, fill me with thy glad-  
ness that I may render thee thanks,  
and my tongue sing thy praises  
without ceasing. Have mercy upon  
me according to thy benignity, for  
I am oppressed with sins and of-  
fences; absolve, purge and wash me  
from all iniquity, put me not from  
thy presence, give me a right spirit,  
the

the comfort of thy Salvation, and  
rest to my poor Conscience, that I  
may be sure of the free remission  
of all my hainous sins. Give me  
( O Lord ) a mouth, and wisdom to  
resist my adversaries : keep me pure  
and undefiled in thy law, and that  
I may do nothing but that thou  
requirest of me ; let me never want  
sure hope and firm trust in thee.  
Fasten and imprint the law in my  
heart that I never sin against thee ;  
Teach me thy Judgements , and  
give me a ready will to perform  
them ; fortifie me with thy words,  
and let my heart be inclined unto  
it ; and not to Covetousness, pride,  
or any wickedness. Instruct me in  
that that is good, be thou my por-  
tion, and for thy Mercies sake have  
mercy upon me, keep me diligent-  
ly, watchfully, and let not my feet  
slip ; shadow me with thy right  
hand , and keep me safe from the  
wicked ; Deliver me from all evils ;  
guide

guide my going forth, and coming home, and keep my foul from fin. Let me O Lord, cry unto thee, and hear me speedily, let my prayer be as sweet Incense before thee, that I may call upon the daily and continually; keep me from evil, and let me not live diffolutelie : defend me from all impiety, and all erroneous and foul offences ; let me caſt mine eyes upon thee, hope only in thee, and ſtay me wholly upon thee.

Save my ſoul, let it not periſh ; and deliver me from the vanities of the world, enticements of the fleſh, ſuggeſtions of the Devil, and the ſnares, ambuſhes and deceitful conſpiracies of the wicked, that I may laud and praiſe thy Holy Name in this world, and in the world to come. To our God eternal, immortal, inviſible and only wiſe, be all honour and glory, both now and evermore. *Amen.*



*A very earnest Prayer for God's aid,  
and forgiveness of our sins.*

**O** Father, I beseech thee for the love of thy Son, bring my soul out of prison to praise thy holie name, deliver me from the bonds of sin, and restore me to life everlasting; when shall I come and appear before thy face? when will the comfort come I wait for? when shall I see the joy I look for? and be satisfied with the glory I long for? strike O Lord, my hard heart with the strong point of thy dear love, pierce it with thy mightie power unto the bottom, that my head may bring forth water, and my eies a fountain of tears, to mourn and lament my manifold sins and offences.

I beseech thee, kneeling on my knees, and humblie intreat thee, that thou wilt with the eies of pity look upon me thy unworthy servant and have mercy upon me, O Christ, whom I have greatlie offended in thought, word and deed,

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pardon my offences, and clearly forgive me all my sins; Heal my iniquities, and I shall be safe. Govern and defend me, strengthen and comfort me; despise me not, O Lord, nor note the number of my sins; but according to the multitude of thy Mercies pity me, favour me, have mercy upon me, and forgive me, a most grievous sinner. Convert me, O Lord, and for thy mercies sake keep me, that *I* may with true repentance heartily bewail my sins. Save me, for thou art the true safety; have mercy on my sinful Soul; loose the bands thereof; blot out my transgressions; aid me, and forsake me not, O God of my comfort, O my soul, lament, Mourn and Weep till thou be joyned to thy Bride-groom Christ. Thou bidst me knock, O Lord open unto me, strengthen me that am weak, restore me that did perish, raise me that was dead, guide and govern all my senses; thoughts and deeds,

deeds, that henceforth I may serve thee, love thee, and live with thee. Grant me an humble and contrite heart, with abundance of tears, and a sorrowful Soul for my sins. Give me compunction of heart, humilitie of mind, and a pure conscience. O Jesu pardon my soul, pardon my sins, my evils, and my offences. Let me earnestlie desire, and advisedlie search, truely know, and perfectlie fullfill all things that please thee. Give me thy heavenlie comfort, despise not my sinfull Soul, forgive me all my sins, and bring me to thy Holie habitation, for my Saviour Jesus Christ his sake. *Amen.*

*A good Prayer for God's assistance and Repentance.*

O Loving Father, have mercy upon me, pardon my frailtie; aid me in infirmities by the power of thy grace, strengthen me against the concupiscence of the filthie flesh, the illusion of the foolish world, and the subtil assaults of Sa-

ton, that I may grow in all goodness and heavenly perfections. Of thy Fatherly goodness hear my prayers, and for the glory of thy Name forgive me my sins; and grant my petitions; look favourably on me thy frail and wretched creature; humble my heart to the repentant confession of my sins; give me the help of thy Holy Spirit to amend my sinful life; bless and guide all my thoughts, words and works with thy Heavenlie Grace, that I may in all things obey thy Heavenlie Will. Reform me, bless me, and in thy tuition preserve me; pour forth the abundant bounty of thy good gifts upon me; that in the riches of peace, joy and love, I may praise and magnifie thee. O Merciful Father, that hast delivered me out of the bands of death and darkness, have mercie upon me; and for thy sweet son my saviour Christ his sake, comfort, guide and strengthen me in thy Holie Spirit, hold continuallie

nuallie thy holie hand over me, that  
no flatterie, illusions, nor inchant-  
ment of this world deceive me, and  
that no troubles, malice, stripes,  
persecution, fear, tyranny, torment,  
nor death, may ever separate me  
from thee: but despising the world,  
the flesh and the devil, I may injoy-  
full hope wait for, and desire the  
coming of our Redeemer; for the  
deliverie of the blessed Saints to ap-  
pear in thy gracious presence in  
our renewed bodies, glorified and  
immortal, there to dwell with An-  
gels and Arch-angels, evermore  
praising thy Heavenlie Majestie. O  
Lord that hast made us the Chil-  
dren of light, have mercy upon me,  
yea Lord have mercie upon me,  
and for thy name sake look favou-  
rable upon me, stand fast by me,  
let me be constant in Faith, humble  
and obedient to thy Holie will and  
correction, patientlie waiting thy  
good pleasure and determination  
in all things: make abound in

love and meekness, rejoyce in vertue and true holiness, and glad my heart in the assured truth of thy promises, help me with thy grace, pardon my wickednesses, and deliver me from the evils I have deserved; and in all Troubles, Wealth, Need, Health, Sicknes, Joy, Sorrow, Life and Death, make me put my whole stay, hope, and help in thy Fatherly Mercy and goodness. Relieve me with thy grace, strengthen me with thy Holie Spirit, that I may overcome and vanquish all the suggestions, temptations, and conspiracies of Satan, and his infernal armies: withstand the Malice, Persecutions and Trouble of this wretched world, triumph in Heavenlie victorie, & whollie rejoyce in thee, praising, and lauding of thy Holie Name, now and for ever, world without end. *Amen.*

*A prayer for Remission of sins.*

○ Sovereign Creator of all things, when I consider thy  
Ma-

Majestie, whom I have with my sin<sup>s</sup> offended, I do shudder at my own misdeeds, and abhor my wickedness, because I have forsaken so gracious and bountiful a Father : vouchsafe therefore most Merciful God and loving Father, to pardon and forgive me all my vanities, misdeeds, and offences ; govern and guide me by thy Holie Spirit in all my waies, that I may live all the daies of my life according to thy Holie and Heavenlie Commandments. By the multitude of thy mercies wipe away my iniquities, let my sute enter into thy presence, and save me thy servant ; shew me thy Mercies; comfort my heart with the cælestial joy and pleasure of thee, that I may for ever rest with thee, in the land of the living. Have pity upon me, and according to the Multitude of thy great mercies, wipe away my sins, and cleanse me from all my unrighteousness, draw my soul out of sin, unto the livelie

fountain of the life everlasting, fill my mind with the streames of thy pleasure, and overcome my heart with the sweetness of thy love, and grant that I may long with all my heart, and labour with my whole endeavour, to attain to the unconceivable joyes of the life everlasting: embrace me with thy armes of mercie, shew me thy loving countenance, pluck me from the earth, and earthly things, open my mouth to call upon thee, my ears to hear thee, my eyes to behold thee, and let all that I do say, hear or see be only to thy glorie. Let thy grace still accompany me, let me continually crave it, and earnestlie endeavour to keep it: scour from me the spots, which by my daily sins I have cast upon the whiteness thou gavest me, that I may be pure and clean before thee. Bind up the sores of my sinful soul, wash it with thy precious blood, anoint it with the oyl of Holiness; repair thy Heavenly image within,  
me



me, by sin defaced, and again, adorn it with thy own righteousness, that I may ever hereafter praise thee. Mortifie all my desires of wealth, pleasure, riches, glory, favour, and all earthly things whatsoever, and that I may evermore readily and willingly do those things that may please thee. Give me constancy and steadiness of purpose, that my thoughts may not be found fleeting, nor uneffectual, but that I may with an unmoveable mind do all things for my comfort, and to the honour and glory of thy Holy Name, through Jesus Christ my Lord and Saviour. *Amen.*

*A Prayer for remission of sins.*

**R**ighteous and Merciful God, which art clear from spot and sin, I miserable and wretched sinner, acknowledge my wickedness, and with an humble and sorrowful heart bewail my filchiness, whereby I have polluted that image imprinted within me at my first Creation,

I openly confesse, that many and great are my sins, my offences wonderful, my transgressions infinite; even as the sand of the Sea that cannot be numbred; for all my Cogitations are prone to evil evermore; who knoweth, O Lord, his sin, and can recite his transgressions? I confesse my offences, and my sin is alwaies before me: against thee onlie have I sinned and done evil; I was born in sin, and those sins have I multiplied in my daily transgressions, and have deserved thy displeasure: therefore I appeal unto thy mercie, O Lord, beseeching thee not to enter into judgement with thy servant, but according unto thy great mercie have mercie upon me; and according unto the multitude of thy mercies do away mine iniquities.

Wash me thoroughly from my sins, and cleanse me from my offences; for thy Names sake be merciful to my sin, for it is great: remem-

member not the sins of my youth,  
nor my rebellions, but according to  
thy kindness remember me for thy  
goodness sake: remember thy ten-  
der mercies and loving kindness  
which have been for ever: remem-  
ber I am flesh that passeth away  
and cometh not again: leave there-  
fore thy displeasure against me: be  
not angry with me for ever; deal  
not with me according to my sins,  
neither reward me after my iniqui-  
ties; but conduct me, O Lord, and  
turn away thy displeasure against  
me: shew me thy mercies, and grant  
me thy salvation. I confess most  
merciful God, it lieth not in my  
power to purge and put away my  
sins, and purchase thy favour: but it  
is only the passion, and most inno-  
cent death of thy dear Son n.y.  
Lord Jesus Christ, that is a sufficient  
reconciliation for my sins, and for  
the sins of the whole World: for  
his blood which was shed for me,  
doth cleanse me from all my sins;  
and

and if I confess my offences, thou wilt forgive me all my sins, and cleanse me from all unrighteousness: wherefore in such hope of this thy mercy promised by thy Son, I am bold with deep sighs from my heart to cry, Lord forgive me my offences, remit my iniquities, cover my sins, and impute not my faults unto me: purge me O Lord, from my secret faults, keep me from presumptuous sins, let them not reign over me, but purifie me from all my wickedness; let me taste the sweetness of thy benignity, that I may be secure and certain of the remission of my sins, through the bowels of thy Mercies: that I may perceive in my mind the comfort, peace and gladness of thy holy spirit, which may begin a new life in me, pleasing thee: quench all vain Motions in me, and restore in me the image of thy divine light which was lost: that being delivered from my sins, and out of the hands of mine.

mine Enemies, I may serve thee in fear, in righteousness and holiness all the dayes of my life, through Christ in whom thou art well pleased, and for whose sake all my works, howsoever imperfect, are acceptable in thine eyes. O most mighty Maker, despise me not thy work. O most excellent Goodness, withdraw not thy mercy from me. O most prudent Redeemer, suffer me not to perish, whom thou hast so dearly bought. O most gentle, Ghostly and Heavenly Host, purifie, save, dress, and keep thy house and dwelling place in me, which thou hast sanctified and dedicated unto thee in my Baptism. O most blessed Jesu, have mercy upon me, make me to love thee, and to be sorry and contrite for my sins. Turn me unto thee by grace, that I may remember thy benefits and thy painful and bitter death and passion. Grant me to sanctifie, worship, magnifie, and love thee heartily;  
most-

moisten my mind with thy most precious blood, that whatsoever I see, *I* may behold thee crucified; that thus beholding thee, *I* may fix my mind on nothing but onlie on thee, and live most carefullie to serve thee, and after this life rest everlastinglie with thee, which livest and reignest with the Father, and the Holie Ghost, one God, world without end. *Amen.*

*An excellent Prayer, meet for all persons, and to be said at all times.*

**G**Rant, O merciful Father, that *I* never commit any thing that shall offend thy fatherlie goodness, but that *I* may eschew all vice, embrace all vertue, live in thy fear, call upon thy holie Name, learn thy Godlie Commandements, hear thy holie Word, avoid all idleness, and walk in my vocation, to the glorie of thy holie Name. Send the Holie Spirit of love and concord, that *I* may live content with my calling, live quietly in the same,

same , do good to all men , and order my life according to thy Godlie Will. Grant me to cover with ardent mind those things which may please thee, to search them wisely, to know them truly, and fulfill them perfectly, to the laud and glorie of thy Name : order my living, so that I may do that which athou requirest of me, give me gr ce to know it, and have a will and power to do it, and that I may have those things which are most convenient for my Soul. Gracious God, make my way sure and straight , that I fall not between prosperitie and adversitie, but in prosperitie to thank thee; and be patient in adversitie, and that I be not lift up with the one, nor oppressed with the other ; that I may rejoyce in nothing but that which pleaseth thee, nor be sorry for any thing but those that offend thee ; desiring to please none but thee, nor fearing to offend any but the

moisten my mind with thy most precious blood, that whatsoever I see, I may behold thee crucified; that thus beholding thee, I may fix my mind on nothing but onlie on thee, and live most carefullie to serve thee, and after this life rest everlastinglie with thee, which livest and reignest with the Father, and the Holie Ghost, one God, world without end. *Amen.*

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O loving Father, make all worldly things vile unto me, and be thou my especial comfort above all ; let me not be merry , but with that which pleaseth thee, and let me desire nothing but thee. Let all labour delight me that is for thee, and let all the rest weary me : make me lift up my heart unto thee, and when I fall, make me to think on thee, and be sorry for the same, with a stedfast purpose of amendment. Grant me Faith in thee, and grace, I beseech thee, to be occupied in doing of good works, to thy glory and my comfort, and to trust in thy Mercies, and in Christ his merits, to be purged from my sins. Give me grace to love thy Word fervently , to search the Scriptures diligently, to read them humbly, to understand them truly, and to live after them effectually : that my life may be acceptable unto thee. Teach me so to pray, that my petitions may be graciously heard.

heard of thee. Keep me upright among diversity of opinions, that I ſwerve not from the truth. Give me I beſeech thee a true Spirit, that no curious thoughts, nor filthy affections withdraw me from thee. Grant me grace to know thee, diligently to pleaſe thee, and hope to embrace thee, for the precious blood ſake of that immaculate lamb Jeſus Chriſt: to whom with the Father and the Holy Ghoſt be all honour and glory, world without end. *Amen.*

*A Prayer, wherein a ſinner deſireth  
God to hear him, and forgive him  
his Sins.*

O Lord, how long wilt thou re-  
ject my prayers which daily I  
pour out before thee? Wilt thou  
O Lord, hear me at no time? or  
wilt thou ceaſe to ſhew mercy? O  
cry unto the Lord O my Soul; and  
ſay, Haſt thou, O Lord, caſt me a-  
way for ever? or wilt thou never  
hereafter be pleaſed with me? fa-  
your

vour me, O righteous Father, for  
Jesus Christ's sake, that the sighing  
and inward groaning of my heart,  
may move and incline thee to hear  
me graciously. O Lord grant me  
thy mercie, and perform the Co-  
venant which thou hast made with  
me, hold thy Holie hand over me,  
and keep me from sin, then shall I  
fear neither Death nor Hell; and  
as thou hast alwayes been Merciful  
to penitent sinners, so now good  
Lord forgive me my sins. In the  
zeal of my heart I beseech thee  
to keep me in the fear of thee, then  
shall I rejoyce in thy mercie, for  
that thou hast looked upon me  
and regarded my Soul in distress.  
Keep me in thy sheep fold, O Shep-  
herd of my Soul, and let me ne-  
ver hereafter wander from thy  
wayes; nor leave me in troubles;  
behold my weakness is best known  
unto thee: Look, O Lord, upon my  
sorrow, and forgive me my sins,  
Mollifie my heart that I may turn  
unto

unto thee, and walk in all thy waies;  
for I have walked over-long in the  
way of sinners; my prayers, O Lord,  
are poured forth before thee, let  
thine anger be turned from me,  
and let me find favour in thy sight.  
Look not on the hardness of my  
heart, but as thou alwaies shewest  
mercy, so now be Merciful over  
me, and forgive me all my sins.  
Spare me, I beseech thee, and shew  
on me the abundance of thy mer-  
cie, which hath taught me in Christ  
Jesus to call upon thee in my neces-  
sities. Give me grace to acknow-  
ledge my own infirmities, that I  
depending upon thy Merciful  
goodness, may with a strong and  
stedfast Faith, and with a penitent  
heart continually call upon thee for  
thy grace, mercie and pardon. Hear-  
ken, O most Merciful God, for thy  
great mercies sake, to these my  
humble prayers which I make be-  
fore thee, and consider, O Lord,  
the

the desires and thoughts of my heart, let my crying out come unto thee, and let my unfeigned prayers enter into thy presence. Hear me, O Lord, for I want thy help, care for my Soul, save me thy servant which trust in thee. Have mercy, O Lord, have mercy upon me, for I will never cease crying to thee for help and mercy. In the day time, I will call upon thee; and in the night I will crie unto thee. O God of Heaven, and maker of all things, hear me, a most wretched creature, calling upon thee; and take from me all my sins. Plant in me, O Heavenly Father, true obedience to thy word; let not the cares of this world deceive me, keep me from all unclean desires: grant me grace to walk before thee with a good and pure mind, that I may receive the reward provided for thy Sons and servants. Increase my Faith and Love, increase in me a  
sure

sure hope of my Salvation, increase strength in me to overcome and stand against all Temptations. Let thy Holie Angel keep and conduct me that I may evermore walk before thee in godliness and righteousness of life : make stedfast my Faith in thy merciful promises, that I trusting in them, may have everlasting life, through Jesus Christ thy Son, our Lord and Saviour. *Amen.*

*A Prayer for a reformed life:*

**O** Heavenly Father, and merciful God, which of thy only goodness hast created and made me unto thy own similitude and likeness: I heartilie pray and beseech thee, remember not my sins and unrighteousness, neither suffer thy grievous plagues to hang over me. I have sinned and heinously offended thee, yet I beseech thee of thy mercy and benignity to behold me thy unworthy Child. I do not prostrate my self before  
the

thee in praise of my righteousness,  
but in the multitude of thy mercies I humbly beseech thee most  
holie Father, be no more angrie  
with me, but turn thy wrath from  
me, and kindle in me the love of  
thy Holie Spirit : break, O Lord,  
my stonie heart, and make it a  
fleshie heart that I may fear thee,  
love thee, and have pleasure in  
thee : grant me a true understanding  
of thy word, to love that is to  
be loved, to desire that which pleaseth  
thee, to regard that which is  
precious in thy sight, and to refuse  
that which is evil before thee. Give  
me ( O Father ) a sorrowful and  
penitent heart, that I may humbly  
serve thee all the daies of my life.  
When I fall into sin through frailtie,  
work I beseech thee true repentance  
in my heart, that I may be  
sorrie without desperation ; that I  
may amend my life, and become  
truly righteous, without hypocri-  
sie;



hie ; lowlie in heart, without fainting ; faithful and trusty , without deceit ; content with my own, without covetousness; to tell my neighbour his fault charitably; to pay every man truly ; backbite no man, nor slander any secretly : to abhor all vice , and love and follow all goodness earnestly. Grant this, O Lord, for the glory of thy Holie Name. *Amen.*

*A Confession of sins, and a Prayer for forgiveness of them.*

○ Almighty God of *Israel*, my Soul that is in trouble, and my Spirit that is vexed, cry unto thee, hear me, O Lord, and have mercy upon me, for I have sinned against thee. I heartily pray and beseech thee in the bowels of thy mercy to look down from Heaven upon me thy poor servant , whose sins be infinite, and innumerable , most heinous and insupportable : but as they be grievous and without

out number : so is thy mercie more abundant and without end. Thy mercie is above all thy works: more able to save, than my sins to condemn. Thou O Christ, art that good *Samaritan* that pourest the Oil of grace into our wounds; thou art the only true Sacrifice and oblation once offerēd for the Sins of the whole world. Therefore O sweet Saviour, for the bitter death and passion, and for the glory of thy Name, be merciful unto me, and forgive me all my sins. Grant, that as through my wicked life, thou hast been dishonoured, so through my godlie conversation and integrity of life hereafter, thou mayst be ever glorified. Forgive me, (O my Saviour) all my sins, I most humblie beseech thee, and keep me ever hereafter from all sins. Grant me the assistance of thy grace and Holie Spirit, to direct my wayes, and guide my paths, that

that I may be innocent from all offences, and that in all things I may honour and praise thee, together with the Heavenlie Father, and the Holie Spirit, now and for evermore, *Amen.*

*A Prayer in adversity, and for mercy.*

**A** Lmighty God, which for my ingratitude, and sinful life hast worthily punished me with affliction and adversitie, I most humbly beseech thee, to give me grace utterly to detest and abhor my former wretched and sinful life, and study daily for the amendment of the same; and I am fully perswaded, that this affliction hath not come unto me by casualty, but by thy permission, and determinate pleasure; and that thou doest beat me with this thy rod of correction, because thou wouldest nurture me, and call me to unfeigned repentance for my former life, to be more circumspect, of a good life: to ex-

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ercise, my Faith in thy godlie promises, to try me whether I will be patient and constant in adversity : to make me abhor vain pleasures of this life, and with fervent and continual desire, long for the life everlasting ; therefore I heartily pray thee, to strengthen my Faith, Hope, Charitie, and meekness, that I may patientlie bear this thy Fatherlie chastisement. And grant me, that I may dailie increase more and more in love towards thee ; for I hope, all things shall happen to be best, whether it be prosperity, health, sickness, life or death ; and therefore I whollie submit my self unto thee, and resign all my will to thy most goodlie will and pleasure, hoping, that thou wilt end this affliction to thy honour and glorie, and to my most profit, wealth and everlasting Salvation, through Jesus Christ my onlie Saviour and Redeemer. *Amen.*

*A Paayer to be said by all Persons at  
all times.*

**A**Lmighty and most Merciful  
Father, grant that above all  
things I may rest in thee, and settie  
my heart upon thee: for thou  
Lord, art the true peace of the heart,  
and the perfect rest of the Soul:  
wherefore, thy will in all things be  
done in me; cast out of my heart all  
unprofitable cares of worldly things,  
and suffer me not to led with the  
unprofitable desires of earthly vani-  
ties, but grant me grace, that world-  
lie and carnal affections may be mor-  
tified, and die in me.

Grant me the strength of thy  
Holie Spirit, to subdue this bodie of  
sin, with the whole lusts thereof,  
that it may be obedient, both in  
will, mind and members, to do  
thy Holie will: grant me grace that  
I may esteem all things in this  
world transitory, and my self with

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them

them drawing towards my end,  
O Lord God, which art sweetness  
unspeakable, turn into bitterness  
unto me all transitory and earthly  
delights, which may draw me  
from the love of eternal things;  
and for all worldlie comforts, give  
me the sweet comfort of thy Holie  
Spirit; for thou Lord art my stay,  
my hope, my Crown, and my glory;  
bless me that for the love of thee  
I may not set by the pleasures of  
this world, but crucifie the flesh  
and the lusts thereof, so that in a  
clean and pure conscience, I may  
offer up praises unto thee, and be  
accepted to have company with  
thee together with the Holie An-  
gels and Heavenlie Spirits. O ever-  
lasting Light, send down the beams  
of thy brightness, and lighten the  
inward part of my heart, that I  
may walk in thy Laws and Com-  
mandements. Give me grace to  
rest in thee above all things,  
above

above all glory, honour, dignitie, and power : above all health, beauty, riches, and treasure : above all joy, pleasure, fame and praise : and above all mirth, and consolation, that mans heart may feel or take besides thee. For thou, Lord, art most good, wise and righteous, most high, mighty, and comfortable, most beautiful, loving, and glorious, in whom are most perfectlie all treasures of grace and goodness. Therefore whatsoever *I* have beside thee, is nothing unto thee, for my heart may not rest but onlie in thee. O Lord, who shall give me thy wings of perfect love, that *I* may fly from these worldlie miseries, and rest with thee ? O King of everlasting glory, my Soul cryeth unto thee, with continual groanings, and saith, how long tarrieth my Lord God to come unto me ? When shall be the end of these miseries ? When shall

I be delivered from the bondage of Sin? When shall I have my mind onely fixt on thee, and be merry in thee with perfect joy and gladness? When shall that blessed hour come, that thou shalt visit me and make me glad with thy blessed presence? When shall I come unto thee, and enjoy those sweet contemplations, which thy blessed Angels have alwaies? when shall I stand to behold thee, and have full sight and contemplation of thy glory? when shall I be with thee in thy Kingdom, which thou hast prepared for thine Elect, that I might behold the blessed mansions of thy Heavenly City, and the most clear day of eternity, which thy Heavenly Citizens know and feel the joy of? But I the Child of *Adam* do lament and bewail the miseries of this wretched life, short and evil, full of grief and sorrow, where we are polluted with troubles, wearied with  
with



with labours, tried with Temptations, vanquished with vain delights, and fleshlie pleasures of this changeable world, and miserably enthralled in intollerable calamities. Wherefore, O Lord, arise and help me, comfort me, assuage my sorrow, destroy my enemies, the Kingdom of sin, Sathan, the world, and my wicked flesh: forgive me all my sins, and bring my troublesome days to an end. So shall I sing praises unto thee, O God of my Salvation, and magnifie thy Name, world without end. *Amen.*

*A short Meditation of man's misery.*

**W**Hat was I, O Lord, what am I, what shall I be? I was nothing, I am now worth nothing, and in hazard to be worse than nothing. I was conceived in original sin, I am now full of actual sin, I may hereafter feel the eternal smart of Sin: I was in my mother a loathsome substance, I am

in the world a corps of corruption  
*I* shall be in my grave a prey of ver-  
 mine. When *I* was nothing, *I* was  
 without hope to be saved, or fear  
 to be damned : *I* am now in a  
 doubtful hope of the one, and in  
 great danger of the other, *I* shall  
 either be happy for the success of  
 my hope, or miserable by the estate  
 of my danger. What *I* have been,  
*I* know, viz. a wretched sinner :  
 what *I* am, *I* cannot say, being un-  
 certain of Gods grace : what *I* shall  
 be, *I* am ignorant, being doubtful  
 of my perseverance. Lord, erect my  
 present weakness, correct my for-  
 mer sinfulness, direct my future frail-  
 ty ; direct it , O Lord, from pas-  
 sed evil to present good, and fu-  
 ture reward , for Jesus Christ his  
 sake ; *Amen.*

An Effectual Prayer, for grace, mer-  
 cy, and forgiveness of sins:

**O** Heavenly God, O Father dear  
 Cast down thy tender eye,  
 Upon

Upon a wretch that prostrate here  
 Before thy Throne doth lie.  
 O pour thy precious Oil of Grace,  
 Into my wounded heart :  
 O let thy drops of mercy sweet,  
 Remit my sin's desert.  
 My sinful Soul oppressed sore,  
 With careful clogs of sins,  
 In humble sort, most humbly sues,  
 Thy mercy for to win.  
 Grant mercy then, O Saviour sweet,  
 To me most wretched thrall :  
 Whose mournful cry to thee alone,  
 Doth still for mercy call.  
 Thy blessed will I have displeas'd  
 With pleasing of my mind :  
 And to the lusts of worldly things,  
 My self I have inclin'd. (ers,  
 Forgetting heaven and heav'nly pow-  
 Where God and Saints do dwell ;  
 My life have almost trod the steps,  
 That lead the way to Hell.  
 Grant now, O Lord, and loadstone  
 That I no more do so ; (bright  
 But for my life in sins mispent,

*My heart may melt in woe.*

*Alas I sigh, alas I sob,*

*Alas I do lament :*

*That ever my licentious life,*

*So wickedly was spent.*

*Grant therefore Lord. with wailing*

*I may thy mercy crave : (tears.*

*O Lord, for thy great mercies sake,*

*I let me thy mercy have.*

*Restore to life my sinful Soul,*

*That else is like to die:*

*Then shall my voice unto thy Name,*

*Sing praise eternally.*

*Now blessed be the father first,*

*And blessed be the Son,*

*And blessed be the holy Ghost,*

*By whom all things are done.*

*Bless, me, O blessed Trinity,*

*With thy eternal grace ;*

*Forgive my sins, and grant my Soul*

*In Heaven a dwelling place.*

*A Prayer of Thanksgiving, to crave*

*God's assistance, to grant us his*

*grace to repent of our sins, and*

*bring us to the life everlasting.*

**O** Holy Father, God Almighty, which didst vouchsafe of thy unspeakable goodness and mercy, to send thy only Son from the high Throne of thy Majesty, into this vale of woe and misery, to take our nature upon him, and in the same to suffer most sharp and bitter death, to bring our Souls to thy Heavenly Kingdom: O sweet Jesu, enflame my heart unto thee, with the burning beams of thy love, and make me ever to thank thee, and fear to offend thee; O sweet Jesus, my hope, refuge, joy and health, have mercy upon me, and be merciful unto me, a poor needy, vile wretched, and abominable sinful creature; give me remission of all my sins, integrity of mind, health of body, needful food and raiment, strengthfulness of the earth, unity of faith, subversion of Heresies, increase of true Religion, earnest Devotion, willingness.

lingness to charity, sincerity in prayer, patience in trouble, joy in hope, and whatsoever else is for thy glory, my good and Souls health: let thy holie sweetness possess my mind, feed my soul with the fulness of Heavenlie and invisible things, separate me from earthlie vanities, wholly dedicate my heart to Heavenlie meditations; give me compunction of heart and tears to my eyes, that I may ever bewail the wickedness of my life. Lift up my heart, and mind, I beseech thee, from the contagions of earthlie cares, to the consideration of Heavenlie joys, that I may think and speak onlie of thee in this life, and after live with thee eternallie. O Lord, my gracious God, and onlie comforter of my Soul, seeing thou desirest that in all things I should sincerely serve thee, and I through thy grace desire to do the same, suffer me not, O Lord,  
any

any more to offend thee, or fall into the relapse of my former follies; but make me heartilie sorry for my offences, and that *I* may never more sin against thee. And I humblie confess my self unto thee, that there is none on the earth a more vile and wicked sinner than my self. Increase therefore in me, I most humblie beseech thee, thy grace; and give me humilitie, that *I* may perfectlie know thee in thy Majesty, and my self in my misery, and yet through thy gracious help *I* may manfullie fight against sin, and wickedness; and gain the victory over all my corporal and spiritual enemies. *I* wretched sinner confess, *I* have often offended thee, dishonoured thee, and neglected thy Holie precepts, which above all things ought to be most dear unto me: Thou, O Lord, know'st *I* am carnal, full of evil concupiscence, flowing in fleshlie pleasure; over-wrapped in

in fond fantasies ; omitting spiritual exercises, and mourning for sin ; in speaking impatient, in hearing Godly admonitions negligent ; easily detained from doing good , and apt to evil. O most merciful Lord, I poor and wretched sinner, am full of sorrow and grief, for that I have grievously sinned and offended against thee, wound, O Lord, my heart with the sorrow of most faithful and unfeigned repentance ; Grant me thy grace, and assist me by thy holy spirit, that I may for ever hereafter keep my self from all sin, and avoid all occasions of offences. And I most humbly beseech thy infinite Majesty not to forsake, nor suffer me to be condemned in thy terrible judgement, but be merciful unto me and let thy dolorous passion so help me, that I may be an inheriter of thy heavenly Kingdom, and enjoy everlasting felicity ; and let the Holy Angel so keep me, as  
the



the infernal enemy have never power over me, which, Lord, for thy Mercies sake grant me. *Amen.*

*A Prayer to God the Father, of Thanksgiving, and for forgiveness of Sins.*

**I** Offer unto the (O holy Father) the sacrifice of praise and thanksgiving: rendering unto thee the calves of my lips, who of thy goodness hast made me: and of thy mercy redeemed me. Hear therefore, O Lord, the Prayers of thy servant, and turn thy ears unto me thy poor creature. Day and night will I pray unto the, beseeching thee that the thoughts and Meditations of my heart may be acceptable before thee; that my mouth may speak of thy righteousness, and my Tongue set forth thy praise. O Holy Father, I beseech thee, that the inward desire of my heart may move and incline thee to hear me: I accuse my sinful ways

ways and crave thy mercy and favour. O shew me thy mercy, and forgive me my sins, remember not the sins and offences of my youth, but think on thy mercies and Covenant made in Jesus Christ my onlie Mediator and Advocate. It is he, O Holie Father, whom thou didst send to obtain mercy for me: he was wounded for my offences, and stricken for my iniquities: he died for my sins, and through his love and mercy hath redeemed me. Therefore (O Father) for his sake forgive me all my sins, give me a true love of thy Law, and great hate of all my sins, that I may, through the merits of his death and passion, dwell with him and thee everlastingly. And vouchsafe I beseech thee to direct, sanctifie, keep and govern my heart and bodie, my Sense, Tongue, Talk, and communication in thy Holie Laws, and works of thy commandments.

Grant.

Gran  
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Grant also, O Lord, that thy Holy Angel may be with me, to direct me in the way of peace, truth, and health: that I may be whole, safe, and free in thee, and by thee, both in this world, and in the world to come. O King of glory hear me, and save me; have pity and compassion upon me thy weak and unworthie Child. O Lord, help me, shew thy mercy upon me, let me do that which is acceptable in thy sight, and prosper me in whatsoever I go about. Let me have an earnest desire to do those things that will please thee: for unto thee alone do I fullie and whollie yield and commit my self, which workest all in all to thy honour and glory, *Amen.*

*A Prayer unto God the Son, for mercy and forgiveness of sins.*

**I** Am ashamed, O Jesu, to lift up my eyes unto thee: because my sins are many, and are ascended,  
and

and come before thee : shew thy mercy upon me ( O Lord ) and hear me, my heart is faint, my Soul is troubled, O Lord, make strong thy humble and unworthie Servant that my joy may be alwaies in thee; receive me of thy goodness into thy favour, and shew thy mercy upon me, for thou, O sweet Saviour, art merciful, which wilt not the death of a sinner, but that he live : I therefore, a most wretched sinner, beseech thee to look upon me with those merciful eies where-with thou didst behold *Peter* bitterlie weeping, and *Mary Magdalen*, and the Thief on the Cross ; and cause me through thy great goodness, that I may with *Peter* weep, and worthilie bewail my sins ; with *Mary* to love thee with a pure and perfect love ; and with the Thief to see and behold thee in Paradise. Give me ( O gracious Lord ) a pure intention, a clean heart,

heart, and a regard to thy glorie ;  
 in all my actions possess my mind  
 with thy presence , and ravish it  
 with thy love ; be thou ( O Jesu )  
 Light unto my eies, Musick unto  
 my ears, Sweetness unto my taste,  
 and Contentment to my heart. *I*  
 am not mine but thine, claim me as  
 thy right, keep me as thy charge,  
 love me as thy Child; Defend me  
 when *I* am assaulted, heal me when  
*I* am wounded : Give me patience  
 in trouble, and let me never be  
 confounded ; humility in comfort,  
 modesty in countenance, gravity  
 in behaviour, purity in thoughts,  
 righteousness in my actions, con-  
 stancy in Temptations, and victory  
 against my Ghostlie Enemy. O  
 sweet Jesu, stay my inclination from  
 evil, bridle my appetites with thy  
 grace, quench in me all unlawful  
 desires, keep my eyes from vain  
 sights, my ears from hearing evil ;  
 grant me an earnest desire to a-  
 mend

mend my faults, to renew my good purposes, to perform good intentions: correct my errors, erect my infirmities, protect my good endeavours, allay my passions, and make me able to master them, that they may never draw me beyond the rule of piety. Make me humble to my superiors, friendlie to my equals, charitable to my enemies, and respectful to all. Grant me sorrow for my sins, thankfulness for thy benefits, fear of thy judgements, love of thy mercies, and mindfulness of thy presence. *Amen.*

*A very good Prayer, to God the Holy Ghost, for remission of sins.*

**O** Heavenly God, if I have found favour in thy sight, suffer me a little to speak unto thee, and be no more angry with me, which by thy wisdom rulest all things. Give me thy holie Spirit, that being guided by the same, I may never be confounded. O comfort the soul

of

of thy fervant, and let thy wisdom lead and guide me in the paths of true knowledge, blessed is the man that hath his delight therein. I beseech thee, my God, make thou a perpetual abode with me, and send down from thy Throne of Majesty the dew of thy grace into my heart, that I may alwaies please thee. O send down from Heaven the Spirit of wisdom, that I may have the true taste thereof: incline thine ear unto me, that these my humble prayers may ascend up before thee: humblie will I give attendance on thy Merciful hand, and wait for thy saving health. Behold me, O God, fillie soul, gaping for the showers of thy grace, like a barren and dry Land. O Holie Spirit of God, the third person of the Deity, which by thy divine grace orderest all things, grant me the spirit of Sanctification and Holiness, plant in me an infallible knowledge of thy truth. O thou

thou which art the comfort, which  
inrichest the hearts of thy faithful  
with the sweet taste of thy Word  
promised, breath into my heart a  
pure faith, that I may acknowledge  
thee very God, God with the Fa-  
ther and the Son. Thou seven-fold  
disposer of the gifts of God, the  
hope of joy cælestial, pour into my  
heart the dew of thy grace, that  
being filled with the sweetness there-  
of, *I* may obey thy blessed Will. O  
eternal God, equal with the Father  
and the Son, make strong my soul  
and my bodie, that by thy gracious  
aid, *I* may overcome the assaults of  
my Ghostlie enemies, and believe and  
confess God the Father, and Jesus  
Christ his Son, with the Holie Spi-  
rit, proceeding from them both, to  
be one God, in persons three, and  
everlasting in Trinitie and unity, to  
whom be given all laud, praise, ho-  
nour and glory, evermore, *Amen.*



*A Godly Prayer to the blessed Trinity.*

**O** Holie, blessed. and gracious Trinity, God the Father, Son and Holie Ghost, three Persons, and one Omnipotent and everlasting God; three in Trinity, and one in Unity; I praise thee, I worship thee, I glorifie thee, I give thanks unto thee for thy merciful goodnes, which wouldest that I being in darknes of errour and ignorance, should be made partaker of thy grace and mercy: I beseech thee most gracious and blessed Trinity, forgive me my sins, have mercy upon me, bring to pass the work of thy merciful goodnes begun in me, and lead me in all piety and goodness. O cause me alwayes to think, speak, and do those things which shall be acceptable in thy sight, that after this life I may have the fruition of the Deity that liveth and reigneth, in perfect Union, world without end. *Amen.*

*A Prayer for a Woman with child, for Deliverance, and for forgiveness of sins.*

**A**Lmighty and Merciful Father, which of thy gracious goodness, hast created me a reasonable creature, and of thy bountiful goodness, hast fructified my womb; I most heartilie thank thee for this gracious gift, and for that thou hast alwaies preserved me from all peril of body and soul, and hast so moderated all my pains, pinches, throws, and pangs, that I have hitherto right well endured them: keep me (I beseech thee) from all peril and danger, and at the appointed time safelie deliver me. Thou hast commanded us to call on thee in our troubles, promising to hear us, and send us deliverance, saying I am with you in your troubles, and still deliver you. O most comfortable Lord, who art more readie to help, than we to call for help, more readie

ready to give grace, than we to ask  
for it: I therefore sue unto thee, and  
call upon the faithfullie, and say;  
O Father of mercy, and God of all  
consolation and comfort, I thy poor  
handmaid, humblie beseech thee  
for Jesus Christ his sake, and in his  
blessed and Holy Name, that thou  
wilt vouchsafe to forgive me all my  
sins and offences, wherewith I have  
offended thy Godly Majesty, in  
thought, delight, word or deed:  
mercifully preserve me from hence-  
forth, during my whole life, from  
transgressing thy commandments:  
dailie increase in me a perfect re-  
pentance for my sins, and a sure  
purpose of amendment of my life,  
and a diligent study to walk in thy  
Commandments: increase in me  
also a livelie Faith, a sure hope: in-  
graft in me humbleness of heart,  
meekness of mind, and cleanness of  
conscience. Grant me that I may  
be wise, sad, sober, discreet, circum-

I

spect,

spect, and well advised in all my sayings : that I may stronglie overcome all the Temptations of the Devil, the world, and the flesh, and whether I awake or sleep, eat or drink, live or die, or whatsoever I do, I may do all to thy honour and glorie. Grant me, O Lord, that I may fear and dread thee, and that I may faithfullie love my Husband, and be obedient to his honest requests. And for the deliverance of this burthen, and thy gracious gift, I am assured that unless thou prosper my travel, all womens help and Physick is in vain: therefore I beseech thee, that like as thou hast created this Child in me, and breathed into it the breath of life, so at such time, as shall seem good to thy Godlie Majesty, thou wilt prosper the birth and deliverance. I humblie beseech thee of thy Fatherlie pity to strengthen me in this my dangerous labour and tra-

travel, and so sustain me that I may patientlie bear all my pains, and pangs, and suffer them not to be above my strength ; and in the midst of all my pains so comfort me, that I may be able to bear them. Increase my Faith, O most merciful Saviour, and in the dangerous time of travel, grant me, I beseech thee speedy deliverance, and joyful beholding of my Child, that I being a worthy Mother, may render unto thy honour, praise, laud, and thanks, for thy abundant mercy and gracious benefits : and above all things I beseech thee endue my Child with grace, that it may be one of the number of thy Elect, baptized, and regenerate in the Holie Ghost : and that it may at the years of discretion learn to know thee, trust surelie in thy mercy, heartilie love thee, fear to offend thee, obey thy commandments, and attain everlasting joy and felicity. through our Lord

Jesus Christ, who liveth and reigneth with thee and the Holy Ghost, world without end, *Amen.*

*A Prayer for thanksgiving, for a woman after she is delivered with Child.*

O Most high, mighty, and eternal God, I give all laud and praise unto thy Holie Name, I magnifie thy might, and marvellous works, I render unto thee the sacrifice of my thankful heart and unfeigned lips; for that it hath pleased thee of thy great goodness, to give unto me thy poor creature, so happy, safe, and speedy Deliverance from my great danger of Childbirth, and fully restored me to my former strength. To thee therefore, O Father, with thy Son Jesus Christ, and the Holie Ghost, will I give all thanks and praise, and magnifie thy glorious Name, both now and evermore. *Amen.*

*A Prayer before the receiving of the  
Communion.*

**O** Jesus Christ, Holie and eternal God; I, miserable man, and wretched sinner, acknowledge and confess that I am not worthy the least of all thy mercies, and most unworthie to receive thee under the roof of my Soul, by participating of thy most blessed Body and Blood, for horrible and infinite are the sins wherewith I am defiled: therefore the very entrails of my heart are troubled and bones do shake, because I find my soul a most unworthle guest for so Heavently a Supper. But thou camest not to call the righteous, but sinners to repentance: and I know and constantlie believe, that notwithstanding my sins, thou canst make me clean, and worthy, and forgive me my sins; and through thy power and mercy I beseech thee, grant thy grace unto me a

Sinner that I may worthilie approach to this Heavenslie Sacrament. Give me grace before I presume to come to the receiving hereof, I may examine my self, call my sins to mind, and by unfeigned and hearty repentance return unto thee my Lord : make me with heavy sobs to confess my sins, and pardon all my offences : accept me in thy favour, cleanse me from my wickedness, and forgive me all my sins, Pour into me a true and livelie Faith, that I may alwaies trust in thy word (annexed to the Sacrament) which promiseth remission of sins. Also grant that receiving this thy Sacrament, I may put off the old man, which is corrupt, according to the lusts of error, and be renewed in the Spirit of my mind, and put on the new man, which after God is created in righteousness and holiness of truth: and though by nature I cannot live without spots of sins, yet so bless me,



me, that I may never willinglie offend thee, but altogether depend upon thy goodness: and as a true penitent sinner, repenting of my sins, I may approach to thy Heavenslie Supper. O Christ, which of thy unspeakable love, tookest our flesh upon thee, and didst become a Sacrifice and ransome for all mankind, and ordainest this Sacrament of thy Supper, unto thee do I cry, beseeching thee from the bottom of my heart, that it may please thee to give me grace with an earnest desire, and due reverence to receive thy Supper, and thirstinglie to seek for the nourishing of my soul. Lift up my mind, that in fear and trembling, in faith and spiritual comfort, I may approach to the receiving of thy precious body and blood: stir up in me an unfeigned desire of this Heavenslie food, that from thee the bread of life, and fountain of Salvation, I may receive vital juice, to

the quickning of my Soul. O most sweet bread, heal thou my Soul that I may taste the sweetness of thy love: heal my infirmities, that I may delight onlie in thee: let my heart eat thee, and with thy sweet savor, replenish the bowels of my Soul.

Come into my heart, and purge me from all my sins: enter into my Soul, heal and sanctifie me within and without. Grant that I may alwayes worthilie receive this blessed Sacrament, and memorial of thy death, according to thy holie Ordinance, that it may increase in me all goodness. Be thou the Buckler & perpetual defence of my soul and body, that I may come into thy Kingdom where I shall behold thee face to face: whither Lord for thy mercies sake bring me. *Amen.*

*A thanksgiving after the receiving of the Holy Communion.*

O Jesus Christ, which hast vouchsafed spiritually to give me  
me

me those holie mysteries of thy body and Blood, mortifie whatsoever is evil in me, and garnish me with thy graces and vertues: renew my spirit, my Soul; and my bodie with thy excellent grace. Frame me after thy own hearts desire, and grant that I may think, speak, do and desire, all things that may please thee. Purge my conscience from dead works, to serve thee the living God. I thank thee for all reverence of mind, forbidding me, a miserable sinner, unto the participation of thy holie supper, and the receiving of all celestial riches, whereby thou bestowest, on me particularly, all the merits and the good things, which by thy death thou hast purchased for me, that I may be a partaker and fellow heir of eternal blessedness. O sacred Banquet where my soul received such Heavens dainties to comfort the Soul, and refresh the inward man! I

humbleſie beſeech thee by thy moſt ſacred blood ſhed for me, give me grace, that participating of this viſible Sacrament, I may find and feel in my heart the inviſible working of thy Heavnelie grace, that as this is ſome refreshing to my body, ſo it may be a ſpiritual Medicine for my Soal. Raiſe up in me by this bleſſed Sacrament, a continual remembrance of thy bitter paſſion, make me retain it in my mind, as a ſufficient ranſom of my Redemption : let me never doubt of the forgivenes of my ſins; and as often as Satan aſſaileth me with his deadly Temptations, give me grace to run to this Sanctuary, as to ſtrong armour of defence, ſo that no Tribulation, Anguiſh, not Perſecution, Nakedneſs, Peril, Sword, Life or Death, ſeparate me from Chriſt my head, whereupon, being made faſt by the Holy Sacrament received, I (as a living Member) depend; and  
let.

let me know, that I am fed and nourished by thy flesh and precious blood; that, washed therewith, I give not my self hereafter to carnal pleasures, but live in all sincerity and truth, as it becomes those that eat of the immaculate Paschal Lamb. And I beseech thee by thy bitter death, stir up my mind, that by often receiving this thy holy Institution, I may consider how bitter a death thou didst suffer for me, and how great thy love was that made thee to take so shameful a death for the Redemption of Mankind: and continuallie to yield thee hearty thanks for the same. O sweet Jesus, grant if I sin through frailty, that I may by and by come unto thee by repentance, and being by this holy Ministry fast linked unto thee, I may receive power and strength from thee to resist sin: suffer me not to be separated from thy Church, but grant that I may be  
with

without fault and commit no ſin, but walk worthy this Sacrament, renouncing the Devil, and all Idolatry, vices and carnal deſires. Let me not fear to ſuffer, and give my life for the glory of thy name that I be never ſeparated from thee. Give me grace, that laying aſide all wrathfulneſs, maliciouſneſs, and envy, I may forgive every one as thou haſt forgiven me. Give me grace that participating of the bread of eternal life, I may be replenished with the fruition of thy bleſſed ſight, in the Caeleſtial Paradife for ever. And at my Reſurrection from death, appoint me a place, O merciful Lord, at thy Heavens Table, where I may taſte the new Wine in the Kingdom of thy Father, abiding with thy Elect Angels, and bleſſed Saints for evermore. Amen.

*A Prayer to make ſtrong his Faith againſt temptations; And maybe ſaid by a ſick Perſon.* O

**O** Lord Jesu, the only stay and defence of my immortal state, my onlie hope and Salvation, my glory and my triumph: who in the flesh ( which for my sake thou tookest upon thee ) didst suffer thy self to be tempted of Satan, and who onely and alone didst overcome and vanquish sin, death, the World, the Devil, and the Kingdom of Hell for me, and for my behalf; and it is thy pleasure that I should keep battle with those evils, of purpose to reward me with a Crown of glory for it. Give me, I beseech thee, O Lion most victorious, strength against the roaring Lion which continually wandereth up and down seeking whom he may devour; Thou being the Serpent that was reeled on high, the true giver of health, give unto me thy wisdom, to withstand the waiting of the most subtil

til serpent. Thou being a Lamb, as white as snow, the vanquisher of Satans Tyranny, give unto me (one of thy sheep) the strength and vertue of thy spirit, that through thy force and valour, I may withstand and overcome all the assaults of the Devil, that my ghostly enemy may not glorie over me, but that I may conquer him through thee, and give thanks unto thee, which ever helpest those that trust in thee. My Soul, O Lord, longeth for thy salvation, and I have a good and sure hope therein. Oh when wilt thou comfort me, a sinner, that do give and submit my self full and whole to thy most blessed will? I commit my self unto thy mercie, therefore I know I shall not perish. I beseech thee, most merciful Lord Jesus Christ, that thou wilt by thy grace, both now and ever make strong my Soul against all temptations, and cover  
and



and defend me with the buckler of thy mercies against all the assaults of the Devil. I acknowledge that in my self there is no hope of Salvation, but the hope, trust, and confidence of my Salvation, is in thy most merciful goodness: I have no goodness in me, but am full of evill; yet I trust, and faithfullie believe, that thou wilt make me good: forgive me my sins, and make me an inheritor of thine everlasting Kingdome. O merciful Lord, thou wast born, thou didst hunger and thirst, fast and pray, thou didst suffer grievous pains, thou gavest thy most precious body to die, and thy Blood to be shed for my sake; let these things, O most merciful Saviour, save me: let thy blood cleanse and wash the spots and foulness of my sins: let thy righteousness cover and hide my unrighteousness: let thy passion and blood be a satisfaction for my  
sins,

ſins. Take me, O Lord, unto thee, and give me thy grace, that my Faith waver not, but be ever firm and conſtant: that the hope of thy mercy and life everlaſting never decay in me; that charity wax not cold in me; that the weakneſs of my fleſh be not overcome with the fear of death.

And vouchſafe, O Lord, to ſend me patience and ſufferance, that I may ſtedfaſtly continue unto the end, and after live with thee in eternal glory. *Amen.*

*A Prayer for a ſick perſon.*

**L**aud, honour, and thanks be given to thee, moſt merciful Lord Jeſus Chriſt, for thy Holy Incarnation, thy pains and bitter Paſſion. I know thou art my Redeemer and Saviour, I believe thou haſt overcome ſin, death, hell and the Devil, ſo as they cannot hurt me.

On

On thee do I build, in thee is my trust and comfort. O Lord be propitious and merciful unto me according to thy great mercies. Leave me not O Lord in distress, but deliver me from all evil; strengthen and conduct my Soul in the great journey that it is to go, and through thy mercy forgive me all my sins, and grant me everlasting life. I have no merits nor good works, which I may acknowledge before thee, but of evil deeds and sins I have many: yet I trust through thy mercy, to be among the number of them that shalt be saved, to whom thou wilt not impute their sins, but take them to everlasting life. O most merciful God, which according to the multitude of thy mercies dost put away the sins of those which truly repent, that thou rememberest them no more; open thy eyes of mercie, and look upon me thy sick  
fer;

fervant; and pardon and forgive me, I most earnestlie desire thee, all my sins. Renew in me most loving Father, whatsoever hath been decayed by sin, by the fraud and malice of the Devil, or by my own carnal will and frailty: preserve and continue me in the unity of the Church: consider my contrition, accept my prayers & tears, assuage my pain; as shall be seen to thee most expedient for me; and for that I put my full trust onlie in thy mercy: impute not unto me, I beseech thee, my former sins and offences, but pardon and forgive me, and take me unto thy favour through the merits of Jesus Christ. I believe onlie in thee, and thy incomparable mercy; and this Faith, O Lord, will I die in; keep me that I shrink not from thee, through pain, smart, impatience, temptation, or any thing else, but strengthen and increase my Faith, that  
Sin.

Sin, Death, Hell, and the Devil hurt me not, for thou art stronger and mightier than they, and in thee do I trust. O pitiful Physitian, and healer of Soul and Body, let me not be confounded in sin, but vouchsafe to cast thy merciful eyes upon me a poor and sinful creature, who am bound and captive with sickness: turn my weakness to thy Glorie, and to my health and comfort: and grant that I may, so long as I live, with a true and perfect Faith, fight manfullie against all Temptations of sin, the flesh, world, and the Devil, and after this life reign with thee in eternal glory for ever and ever. *Amen.*

*A Prayer for a sinner, to be said at the hour of death.*

**O** Lord Jesus Christ, which art the onlie health of all men living, and the everlasting life of them that die in thee: I wretched sinner, do submit my self wholly unto

unto thy most blessed Will: and being sure that the thing cannot perish which is committed unto thy mercy, willinglie now I leave this frail and sinful flesh, in sure hope thou wilt in better wise restore it to me again at the latter day, in the Resurrection of the Just. I beseech thee, Lord Jesus Christ, that thou wilt by grace make strong my Soul against all temptations, and defend me with the Buckler of thy mercie against all the assaults of the Devil. I see in thy self no hope of Salvation, but all my trust is in thy rich mercie and goodness: I have no merit which I may alledge before thee: of sins and evil deeds, alas, I see a great heap: but I trust through thy mercie to be one of them that shall be saved, and to whom thou wilt not impute their sins, but wilt accept and take me for just, and make me an inheritor of everlasting life.  
Thou

Thou gavest thy bodie to die, and thy blood to be shed for my sins : let that thy blood cleanse and wash away all my spots, sins and offences, and a full satisfaction for all my sins. Let not my Faith waver, but be firm and constant in thee, and in the hope of thy mercie, and life everlasting : and let not the weakness of my flesh be overcome with the fear of death ; but grant, O most merciful Father, that when death hath shut up the eies of my bodie, my Soul may still behold and look upon thee : and when death hath taken away the use of my tongue and speech, my heart may crye and say, O Lord into thy hands I give and commend my Soul ; and with thy holie Martyr *Stephen*, I may behold thee in Soul, and say, Lord Jesus receive my Soul unto thee , which livest and reignest God everlasting, with the Father, and the Holie Ghost. *Amen.*

*An*

*An Exhortation to forsake the World.*

**T**Ake, good Christian, the memorie of death for thy perpetual Sphere, and to unspeakable Spouse. Let thy Children by bitter sighs of a sorrowful Soul possess thy body as thy bond-man; fasten thy friendship with thy coelestial Powers; they will be patrons unto thee in thy final passage: Remember you are in the waining, and the date of your Pilgrimage is well near expired, and now it behoveth you to look toward your Countrie: your force languisheth, your senses impair, your body droopeth, and on every side the ruinous cottage of your faint and feeble flesh threatneth fall. And having so many harbingers of death, how can you but prepare for so dreadful a stranger? The young may die quicklie,  
but



but the old cannot live long: the young man's life by casualtie may be abridged, but the old by no Phisick can be preserved. Green years must think of the grave, and the thoughts of old age should alwaies dwell in the same. Be mindful of things passed, careful of things present, and provident of things to come. Use the Priviledge of nature to the benefit of your Soul: Be wise in well doing, and watchful for your end; serve not the world, for it can give you nothing that is good and permanent, but of Pride, Envy, Letchery, Hate, Ire, Malice, Follie, and all evil things infinite; where man is defiled with sin, disquieted with troubles, oppressed with labours, vexed with Temptations, overcome with vain delights and pleasures of the World, and miserably wraped in many calamities; It is Ambassadour of the evil, a scourge of the good, a Tyrant

rant of the vertuous, a breaker of peace, a friend of war, a sweet of vices, a gall of vertues, a friend of lies, and inuenter of novelties, travel to the ignorant, a Hammer for the malicious, a Table of gluttons, a Furnace of concupiscence, a peril of the heart, a danger of the thoughts, a Sepulcher of the dead, a prison of the living, a Pit-fall to the rich, a burden to the poor, a house of Pilgrims, a den of Thieves, a slanderer of the good, a renown-er of the wicked, a deceiver of all. We have no cause to love the world; for it gave us an unhappy welcome, a hurtful entertainment, and will abandon us with an unfortunate farewell. Also it doth torment us, expel us, and consume us; and Heaven doth comfort us, keep us, exalt us, rejoyce us, and eternally continue us. You have two long sown in a field of flint, which could bring forth nothing

thing, but a crop of care, and affliction of spirit, rewarding your labours with remorse, and affording for your gain eternal damage; it is time to leave so unthriving a husbandry, and to sow in Gods field the seeds of repentant sorrow, and water them with the tears of humble contrition, so shall you reap a more beneficial harvest, and gather the fruits of everlasting comfort. Think your Spring is spent, your Summer overpast, you are arriv'd at the fall of the Leaf, and Winter-colours have stained your hoary head. Though our loving Lord bear long with offenders, yet he will scourge them, and his patience is only to lend us respite to repent; not leasure to sin. He that is tossed with many Storms, and cannot come to his desired Port, maketh little way, but is much tormoiled: so he that passeth many years; and purchaseth

small profit hath a long Being, but a short Life. For life is more to be measured by vertuous Actions, than number of Dayes. Some men by many dayes procure many Deaths, and others in a short space attain Life everlasting. What is the body without the Soul but a corrupt Carcass? And what is the Soul without God, but a Sepulchre of sin? Man was made and sent hither to no other purpose, but onlie to serve God in this Life, and to enjoy Heaven, and Life everlasting in the World to come. If our end be the Kingdom of Heaven, why affect we so much the Earth? If we were made for God, why seek we greedily the favour of worldly men? If our Creation be eternal Salvation, why follow we Vanities, and Temporalities of this life? If our inheritance be to reign as Kings in Heaven, why do we

we

we like *Eſau*, ſell away our birth-right for vanities before we have it? and why live we like ſervile ſlaves, in danger to be divided from God and his Angels, from our Saviour Chriſt, and the Communion of Saints; from hope of our inheritance, our Cœleſtial portion, and life everlaſting? If God be the Way, the Truth, and the Life, he that goeth without him, ſtrayeth; he that liveth without him, dyeth; and he that is not taught by him, erreth: God is our true and chief life, from whom the revolting is falling, unto whom the returning is riſing, in whom the ſtaying is ſure ſtanding. God is he from whom to depart, is to die; to whom to repair is to revive, in whom to dwell is to live. Be not you like thoſe that begin not to live till they be ready to die, and then after a foes deſert, come to crave of God a friends entertainments,

not in time looking for their Salvation, but living like the three worldly fools: The Covetous, as he in the Gospel, who had laid up for many years, and that night had his Soul taken from him: the Voluptuous, as *Sardanapalus*, who perish'd in the midst of his pleasures; the proud or fantastical, whom the Devil overcometh either with vain delights, or pride in themselves; who disdains his Superiours, because they are better than himself; his equals, because they are as good as he; his inferiours, because, they are not so good as himself. Some think to snatch Heaven in a moment, which the best scare attain'd in many years; and when they have glutted themselves with worldly delights, they would jump with *Dives* his diet, to *Lazarus's* Crown; and from the service of Satan, to the solace of a Saint. But be sure that God is not penuri-

penurious of friends, or his Kingdom ſaleable for the refuge and re-  
verſion of their lives, who have  
ſacrificed the principal thereof to  
his enemies, and their own brutiſh  
appetites; then only ceasing to  
ſin, when ability of offending is  
taken from them: What thanks is  
it to pardon our Enemies, when we  
cannot hurt them? To give away  
our Goods, when we can keep them  
no longer: To abandon our plea-  
ſures, when we can uſe them no  
more? To forſake ſin, when ſin  
leaveth us? God may be merciful at  
the laſt gasp, but miſerable is that  
man that layeth the Anchor of his  
eternal wealth or woe, upon ſo un-  
certain a point.

The Thief may be ſaved on the  
Croſs, and Mercy found at the  
laſt, yet it is ſcarce credible, that  
his death ſhould find favour: whoſe  
life earneth wrath, or that his re-

penitance should be accepted, that more for fear of Hell, and love of himself, than for love of God, or loathsomness of sin, cryeth for mercy : wherefore make no delay, but being near the breaking up of your Mortal House , before extremity, take time to satisfie Gods Justice. Though you suffered the Blade to be blasted , the Flower to fade, the Fruit to perish, the Leaves to dry up, the Boughs to wither, and the body of the Tree to grow to decay, yet keep life in the Root for fear least the whole become fuel for Hell fire : for where the Tree falleth , there it lieth : and such Sap as it bringeth, such fruit shall it bear. Imagine that death hath filled from you the better part of natural forces, and left you the lees of your dying dayes : Therefore ransom your former losses. You are impathed in your final voyage, and are not far from the period of  
your



your courſe ; be not therefore diſpurveyed of ſuch things as are needful in ſo perilous a journey. Men in this life labour much to get worldly things, they do carefully begin them, will procure them, and effectually end them, but of the great affair of winning Heaven, or falling into Hell, there is had no reſpect ; neither do they remember that there is a Hell for ſinners, a Heaven for good liverſ ; a dreadful day of judgement, and a moſt ſtrait account to be made ; death it ſelf is very fearful, but much more terrible in regard of the judgement whereunto it ſummoneth us. If you were laid on your departing bed, wearied and worn with dolour and pain, burthened with the heavy load of your former trespaffes, gored with the prick and ſting of a feſtered Conſcience ; if you felt the force of death, wreſting your heart-ſtrings, ready to

make the rueful divorce between body and Soul : if you lay panting for breath, sweating a fatal, faint and mortal sweat, wearied with struggling against deadly pangs; O how much would you give for a daies contrition, or an hours repentance! Then worlds would be worthless in respect of a little respite. Nothing would be so much esteem'd as a trice of time; which now by months and years is lavishly mis-spent. O how deeply would it wound your hearts, when looking back into your Life, you found many faults committed, and not repented, many good deeds omitted, and not recovered, your service to God promised, and not performed! How inconsolable were your case; your friends being fled, your senses frightened, your thoughts amazed, your memorie decayed, your mind agast, and no part able to perform that  
it

it ſhould, but only your guilty Conſcience peſtered with ſin that would continually accuſe you? What would you do when ſtrip- ped out of Mortal weeds, and turned out of ſervice, and Houſe room of this world, you are forced to enter into uncouth and ſtrange Paths, and with an unknown and ugly Company, to be Convented before a moſt ſevere Judge, carrying in your own Conſcience your indictment ready written, and a perfect Register of all your miſ- deeds, when you ſhould ſee our Saviour Chriſt, ( a juſt and ſevere Judge, whoſe Knowledge is Inſatiable, his Power infringing, his Juſtice Inflexible ) of exceeding dreadful Maſteſty, Cloathed in Linnen, Apparel, through which his Body ſhineth like Precious Stones, his eyes like burning Lamps, his face like ſaſhing Lightning, his Armes and Legs

like inflamed Brass , his Voice as the Shout of a Multitude of people , prepared ( for your idle Words , evil Deeds , Time mispent , Talent evil-governed , and for your sin Committed ) to pass the Sentence upon you ; against whom you had transgressed , and He your Umpire , whom by many offences you had made your Enemy ; when you shall see all things cry for Vengeance against you , all things yield you cause of Fear and Horrour , Above you , the Judge offended with you for your wickedness and Offences : Beneath you Hell open , and the cruel Furnace ready to receive you : on your right hand , your sins accusing you ; on your left hand , the Devil standing ready to execute Gods everlasting Sentence upon you : within you , your Conscience accusing : without

you .

you , damned Souls bewailing  
on every side, the World burning;  
and you stand as a most desperate ,  
forlorn , and miserable  
Wretch , to receive the fearful  
and irrecoverable Sentence ?  
when not only the Devils , but  
also the Angels shall plead against  
you , and your self , maugre  
your self , be your sharpest ap-  
peacher : What would you do  
in these Dreadful Exigents ,  
when you saw the ghastly Dun-  
geon and huge Gulf of Hell  
breaking out with most fearful  
Flames ? when you saw thee weep-  
ing and gnashing of Teeth, the  
rage of the Hellish Monsters ,  
the Horrour of the place, the Ri-  
gour of the pain , the Terrour  
of the company, and the eter-  
nity of all these Punishments,  
where the fire is unquenchable,  
the pains insupportable , easeless,  
endless , and hopeless ? Our fire  
may

may be endured, that is intollerable: Ours is for comfort, that for torment: ours must be fed or it goeth out, that burneth continually without feeding: ours giveth Light, that none; ours consumeth the matter, and endeth the pains; that tormenteth, but never Consumeth, to make the pain perpetual: our Fire will be extinguished with water, or cooled with Air, but nothing can extinct it, abate it, or qualifie it: Ours is but painted in regard of that. There idle Persons shall be pricked with burning Forks: Gluttons tormented with Hunger and Thirst; Epicures and Voluptuous Persons shall boyl in burning Pitch and stinking brimstone: The Proud shall have shame, the Covetous miserable Penury, where there is no rest nor Comfort: The Poor and Meek shall Triumph: and

and the Proud shake : then shall the wicked sigh , and the Memory of Misery be sweet : the Godly shall rejoyce , the Reprobate Howl : Then shall base Apparel be glorious , and proud Attire infamous : The Poor Cottage shall be no more commended than the gilded Palace praised , simple Obedience shall be better than subtilty , and a clear Conscience more pleasant than profound Philosophy , zealous prayers shall be of more worth than fine Tales , good Works more accepted than sweet Words.

Would you then think them wise that delay so weighty matters and idly play away the time allotted to prevent these intolerable Calamities ? would you then account it secure to Nurse in your Bosome so many Serpents as sins ? as to foster in your Sout so many malicious Accusers , as

Mor.

Mortal faults ? Would you not think one Life too little to make Repentance for so many iniquities, the least whereof is enough to cast you into Everlasting and unspeakable Torments ? On your Bodies, you shall experience those deadly Agonies ; in your Souls you shall find those terrible feares ; and in that present estate the deepest danger, if you do not the sooner return unto God. Then devote the Remnant of your dayes to make an Attonement with God, and to free your Consciences from Corruption, as by sin you are fallen into ? What have you gotten by being so long a Customer unto the World, but false Ware sutable to such a Merchants shop, whose Traffique is Toyl, Wealth, Trash, and Gain, Misery ? What interest have you reaped that may equal your Demerits in  
Grace



Grace and vertue ? Or what in a vale of Tears can you find parageable to the favour of God ? Let not your youthful Paſſions delude you, for Time tries them Follies ; Let not fear mislead you, for there is more Cauſe to fear God than man, and to ſtand in awe more of perpetual than temporary Punishments. Who would venture eternal Affairs upon the gliding ſlipperineſs of uncertain life ? O who but one of diſtempered wit, would offer fraud to the decypherer of all Thoughts ; with whom we may diſſemble to our coſt, but to deceive him it is impoſſible ? will you account it cunning to rob the Time from him, and beſtow it upon his Enemies, who keepeth tale of the leaſt minutes of our Life, and will examine, in the end, how each moment hath been employed ? It is prepoſterous Policy to  
ſigh

fight against God, untill our weapons be blunted, our forces consumed, our Limbs impotent, our breath spent; and when we are fallen for faintness, and fought our selves almost dead, to presume of his mercy, whom we have so much offended.

It were a strange and exorbitant course, while the Ship is sound, the Pilot well, the Sailers strong, the Gale favourable, and the Sea Calm, to lye idle at Road, losing so seasonable weather: and when the ship leaketh, the Pilot sick, the Mariners faint, the Stormes boysterous, and the Sea turmoiled with outrageous surges, then to lanch forth, hoist sail, and set out for a fair Voyage: Such are our evening Repenters, who in the soundness of Health and perfect use of reason, cannot resolve to cut the Cables, and weigh the Anchors: that

that hold them from God, but when their senses are astonished, their wits distracted, their understanding dulled, and both body and Mind tormented with Gripes of Mortal Sickness, then will they think of these weightiest matters, and become sudden Saints, that are scarce like Reasonable Creatures.

How can one animated with inward Garboiles of unsetled Conscience, distained with fits of dying flesh, maimed in all his abilities, and Circled with so many strange Incumbrances, be fit to dispose of his chiefest Jewel, his Soul; and to dispatch the whole menage of all Eternity and Treasure of Heaven, in so short a spur? They that will loiter in Seed-time, and begin to Sow when others Reap; They that will Riot in Health, and cast their Accounts when they cannot speak.

Speak: They that will sleep in the Day, and journey in the night; let them blame their own Folly, if they dye in debt, and fall headlong into Eternal Perdition.

Let the Grief of your Sore be the Measure of your sorrow. Let a deep Wound have a Diligent Cure; Let their Contrition be according to their Crime, and their Repentance like their sins. We must pass the day in Mourning, the night in watching and weeping, our whole time in Doleful lamenting; fall prostrate on the ground, humbling our selves in Sack-cloath and Ashes. Not every short sigh will be a sufficient satisfaction; not every Knock a Warrant to get in: Many cry Lord, Lord, and are not accepted. The Foolish Virgins knock'd but were not admitted: Judas had sorrow, yet died desperate: Linger not off thy Conversion from  
from

from day to day, for suddenly will his wrath come and destroy thee.

Let no man so journ long in sinful security, nor put over his Repentance till fear enforce him to it : Let us frame our beginning as we mean to end, and endeavour to live as we desire to die : shall we offer the main Crop to the Devil, and leave God the Gleaning? shall we gorge the Devil, with our fairest Fruits, and turn God to feed on the scraps of his leavings? If Hell fire were prepared for the Devil, and the Kingdom of Heaven for Man; let us then provide for ourselves, and not lose our Inheritance by persisting in sin.

So long as we live, it is possible by unfeigned Repentance, to wash away all our sins, how great soever : but when we are dead, albeit our teeth do gnash, our mouth

out, our eyes gush forth tears, and our hearts from the bottom of them, lament with innumerable complaints, it shall not avail us; no man shall hear us, no man shall assist us; not so much as comfort us; then shalt thou find that thou hast lost all thy labour and time; and all opportunities for thine own Commodity: Thou shalt then find thy error. unrecoverable, thy punishments unsupportable, thy Repentance unprofitable, and thy grief, sorrow and calamity insonfable,

O that we would suffer the Soul (as she should) to have the Sovereignty, and body follow the sway of her directions, and not let servile senses, and lawless appetites rule her as superiors, and make her a Vassal in her own Dominions; not suffer her to be misled by her three Suiters; The *World* which promiseth all fair things  
and

and beautifull, but will serve you  
as *Laban* did *Jacob* who promised  
him fair *Rachel* for his Service,  
but deceived him with Blear ey'd  
*Leah*: the *Flesh*, who pretendeth  
nothing but love unto her, but if  
he overcome her, it will betray  
her to her Enemy, as *Dalilah* did  
*Sampson* unto the *Philistines*: the  
*Devil*, who will promise her all  
the world as he did Christ, but if  
he win her, he will devour and  
torment her: Dost thou not desire  
to have all things good, as good  
Houses, good Furniture, good  
Apparel, good Fare, good Cattle;  
yea, and thy Hóse and shooes  
good; Only thy poor Soul, thy  
principal Charge ( and of all  
things worthy to be the best) thou  
art content shall be the worst, and  
lie Cankring and Rusting in all  
kind of evils: O unspeakable  
blindness, that refuse to wear an  
evil Shooe, and doth not care

to carry an ugly and deformed soul! Alas! Let us not set so little by that which God prizeth so much, nor rate our soul at so base a penny-worth, being of so peerless dignity.

If the soul be so inestimable, that not all the Gold and Treasure, nor any thing of less Price than the Blood and Life of Almighty God was able to buy it: If not all the Dainties that Heaven and Earth could afford, but only God's own precious Body was deemed a Repast fit to feed it: If not all the Creatures of this, or Millions of new worlds, if they were but only the Illimitable Goodness and Majesty of God, can satisfy the desire, or fill the Compass and Capacity of it; (for who is so insensible, that findeth not the Insatiety of his soul?) who but of perverse will, incredulous mind, or pitiless Spirit,



rit, would set more by the world than his Souls health ? Or suffer so noble a Paragon, so many Moneths and years to lie channelled in Ordure, and Mired in all sin ? We will seek a Physitian for our sick Servant, have a Leech for our diseased Horse, and mend our torn Garment ; and yet we suffer our Souls to die for want of Cure ; and seeing it mangled with many, Vices, never seek to restore it to the wonted Integrity. Is our servant more near, our Beast more precious, or our Coat more dear than our own soul ? We live like Epicures, we sin like Athiests, we struggle and strive against Gods Callings, and like violent Rebels, scorn his Commandments ; and with daily and damnable wounds barbarously stab our unfortunate souls : This we account no contumely, reckon it no discredit, but

but rather Register it for our chiefeſt praiſe. How long wilt thou thus follow vanities and ſins, running careleſſly and wilfully into thine own ruine ? Dare you not ſuffer a Spider or a Toad to come near you, and can you neſtle in your Soul ſo many Vipers as Vices, and permit it to be ſo long chewed; and wearied with the poisoned Jawes and Tuſks of the devil ? Is our Soul ſo vain a ſubſtance to be had in ſo little eſteem ? did Chriſt become a wandring PILGRIM, exiling himſelf from the Comfort of his God-head; and paſſing thirty three years in pain and penury for our Souls ? He ſuffered the Tragedy of his paſſion, bloodily inflicted, and patiently accepted; he made his Body as a Cloud to diſſolve into ſhowers of innocent Blood, and ſuffered the deareſt veins of his Heart to be  
launched

launched , to give a full price for our Souls Redemption , if Christ did Redeem us with so excessive a Ransom , why sell we our Souls to the Devil for every vain delight , and silly pittance of worldly pelf? O that a Creature of so incomparable a Price should be the domain of so unnatural keepers : And that which is in it self so Gracious and Amiable , that the Angels and Saints delight to behold it , should by sin be made so loathsom , as to become a horror to Heaven , and suitly Peer for the foulest seinds . We must remember , our Soul is not only a part of us , and the most principal , but also the Temple , the Paradice , and Spouse of Almighty God , by him in Baptisme garnished , stored , and endowed with most Gracious Ornaments . How will he take it to see his Temple profaned , and turned to a Den of Devils ? His Paradice displanted , and made a Wilderness

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of

of Serpents? His Spouse defloured,  
and become an Adulteress to his Enemy;  
Durst we offer such usage to  
our Princes? would not the fear of  
the Law, and popular shame keep  
us from it? And shall not the Reverend  
Majesty of Almighty God, and  
the unrebated Justice of his angry  
Sword terrifie us from offering the  
like to his own Spouse? will he  
that keepeth account of our very  
hairs, see himself so much wronged  
in the principal, and pass it unpunished?  
Remember, it is a thing full  
of horronr to fall into the hands of  
God, who is able to crush the Proud  
Spirits of the Obstinate, and make  
his Enemy, his Foot-stool. Wrestle  
not against the cries of your own  
Consciences, but live so as he may  
willingly go with you, and before  
the Throne of God answer for you.

There was a man had three friends;  
two whereof he loved most intirely,  
the third he made no great account  
of:

of: This man being sent for to come before his King, came and desired his first friend to go with him; but he would not go with him, but brought him part of his way: He went to the second friend, and desired him to go with him, but he could not, but gave him something for a Remembrance: he went unto the third friend, of whom he made no account or reckoning, and he went with him to the King, and answered for him in all matters whatsoever.

So man in this world, being sent for by Death, comes to his wife, Children, or friends to go with him, but they will not, but bring him to his Grave, then he desires his Goods and substance to go along with him, they cannot, yet they can give him a Sheet: But his Conscience will go with him and answer for him before the Throne of God. Have therefore a care to keep a good Conscience,

ence, and provide aforehand, as this King of whom I tell you, did.

There was a Country where the Commons chose their King; and again at their pleasure banished him into a far Country, almost naked. One more wise than others; as soon as he was chosen King, he sent daily and continually something into the other Country: so when his own people banished him from them, he was (having made a good preparation before) most Princely and Royally received there.

So let us provide in this world, that we may be joyfully received into Heaven: If you would avoid vain Pleasures, cast away worldly cares, think on Coelestial things? regard your Salvation, and now in life lay up Treasure in Heaven, and provide to be received into everlasting joy, what a quiet Conscience should you have? what a joy should you feel in your Soul? set then your  
mind

mind on God , account your self a Pilgrim on Earth , leave the Affairs of the world , for this is no abiding place. For small wages men run far, for a little Money men shamefully contend , and weary themselves night and day , and for mean profit labour long : but for Eternal Life , goods immutable, rewards inestimable , honour endless , and immortal glory , few will take any pains , or step out of doors ; God is the way inviolable wherein we must walk ; the truth infallible whereunto we must trust , and the life Everlasting wherein we must hope ; therefore embrace Mercy before the time of rigor , and return by Repentance , lest he bar you his Kingdom : you have been too long in the Tabernacle of Sinners, and strayed too far from the fold of Gods flock ; turn the bias of your heart to the City of Refuge, and your Salvation : recompence your steps,

trodden in folly, with a zealous progress to Christian Profession. Your Spring-tide is fallen, the stream of your life runneth at a low Ebb: your tired ships begin to Leak, and grate on the Gravel of your Grave; it is high time to strike Sail, and put into Harbour, lest some sudden Gust, and the wicked weather of this time, dash you on the Rocks of eternal Ruin: tender the pitiful estate of your own Soul, and be hereafter fearful of Hell, and more eager of Heaven, then of worldly repose. I must conclude, unless I be too tedious, in a matter that deserves to be endless, for the misery of the soul is so great if it fall, the reward is so excessive if it stand, the enemy so malicious that assaults it, the Judge so just that must proceed upon it; that to raise it from the lapse, and to preserve it from recidivation, no number of helps can be more then needful, nor any perswasion more vehement than necessary.

How-



However therefore the soft gale  
of your mourning pleasures lulled  
you in slumbering fits ; howsoever  
the violent heat of noon might stir  
up your affections : yet in the cool  
and calm of the evening, retire to  
a Christian rest, and close up the  
day of your life with a clear Sun-set,  
that leaving all darkness behind you  
and carrying in your conscience the  
light of Grace, you may escape the  
horror of an eternal night, and pass  
from a mortal day to an everlasting  
morrow : which the Lord grant for  
Jesus Christ his sake. *Amen.*

*A Perswasion not-to fear Death.*

**M**A N was made to die, begotten to die, born to die, and came into the world to die, and none ought to desire to live. Nothing is more sure than Death, nothing more uncertain than when, where, or how: None have reason to regard the world, wherein we have nothing good and permanent, but a vale of vanity and vexation of mind, (*quia nemo suâ sorte contentus*) no man is content with his own estate. It is a vital Labyrinth, and confused Chaos, affording us nothing but fraud, folly, and fleshly sensuality. All things in it offend us: the Fire burns us, the water drowns us, the Heat grieves us, the Cold hurts us: the Day is toilsome, the Night uncomfortable  
and

and we can endure no dolorous thing; so the time we live in this world cannot be accounted Life, but a living Death. Our wretched remaining here is such, that our time daily diminisheth, and our troubles increase. All that have been born, are born, or shall be born, are in this life miserable; all crost with cares, to some with loss of Friends, some of Children, some of goods, some oppressed with foes, some abused with backbiters and slanderers, their credits blemished, their reputation scandalized, and substance consumed, and there is none but are with some thing disturbed. There is no calling so holy, nor place so solitary, but you shall find there troubles to try you, and adversity to disquiet you. So there is no man from the King in his Throne, to the captive in chains, but doth taste of misery, and many discontents. Who therefore (to free himself from worldly sorrow)

would fear, but rather desire death, which makes us happy? for thereby we avoid the intollerable troubles on the Earth, and enjoy perpetual bliss in Heaven. Since then Death is the end of misery, who would desire to live ever in labour, and perils? death is nothing but a severing the Soul from the Body, and freeing it from the servile bonds of the vain flesh, and removing us from evil to good. Death is but the passing from the vale of tears, to the place of all happy beatitude in the Cælestial Mansion, accompanied with Holy Saints and Heavenly associates; it is no losing, but a changing a bad place for a better: which every one ought to desire.

*Priamus* was blest with the Kingdom of the famous City of *Troy*, a good wife, and fifty Children, and had what Joyes might be desired, yet he saw his wife and children slain, his City sack'd, and himself was killed.

led at *Jove's* Altar : How happy had it been if he had died before those dayes ; for in lieu of worldly troubles, he had reaped Eternal Glory ! Good men should imitate the Swan. *Apollo's* Bird which in the World ever mourneth ; but, when it is ready to die, as knowing the goodness of death , it singeth. As in sleep our Body is free from labour, so our Soul by death is delivered from all dolours. It is therefore good to die, but many doleful dayes do we endure before we find that happy hour wherein we shall enjoy all perpetual Pleasure. Wise men should not fear death: for nothing is better than Death : no life can be long, and it is often by casualty abridged. What more pleasing thing can there be than Death ; It doth wholly disburthen us of all care, all grief; or solicitude , all sorrow ; freeth us from all vexation whatsoever. The dead rest in a sure Heaven, and we living,

living, g. fall in a ragin Sea. The good, dieth not, but liveth, and the evil living, dieth, and as the Heathen Philosopher said, all those that live purely and justly, and not contaminate themselves with sin, are either made gods, or go easily to the gods. The dead have rest in Heaven, and with the living have pain and trouble in the world. It is therefore a joy to dye, to be delivered from the thraldom of this sorrowfull Life; for they have all the pleasure that may be invented that are out of this wofull world. Being here we must die, and being in Heaven, we live eternally; there is no pain but pleasure; no sorrow but solace; no sighing, but singing; no fear of Death, but sure of everlasting life, ever enjoying such enestimable joys as no eye hath seen, or ear heard, or heart comprehended. In this life, we know not what glory meaneth, and after death we shall not know what pains are. God knows those  
that

that serve Him, those that offend Him, those that love Him, those that hate Him, those that praise Him, those that blaspheme Him, those that thank Him, those that are unthankful, and is better pleased with Obedience, than Sacrifice. There is nothing so good as the end of this life, for Death is the true refuge, the perfect health, the sure Haven, the full victory, and final finishing of all terrestrial troubles. It is a thing inheritable, an eternal sleep, a dissolution of the body, a terrour of the Rich, a desire of the poor; a Pilgrimage uncertain, a Thief of men, a shadow of life, a Sepulcher of the living, a companion of the Dead, a dissolution of all: the rest of travels, the end of idle desires and vain delights, the scourge of evil, the reward of the good, the final end of all flesh; of all those infinite numbers that are dead, none ever returned to complain of death and  
of

of those few that live, most complain of Life. There is no King, Prince, Poor, Sick or whole, nor any vocation contented; but the dead in their Graves are in peace and rest: and though we have sorrow and vexation of life, yet we shall have joy and consolation after death.

O happy are they that die well! For it is less evil to suffer a speedy death then to endure a discontented Life: for by death we are freed from mundane Travels, and enjoy Heavenly pleasures. There is nothing in this life worthy of love, nor any thing in death we need to fear. As all things before the first day were eternal, without day or year; so all things shall be eternal, after the judgment: As we had nothing before our birth, so we shall possess nothing after our death. What blindness is it then to love any thing in this life, seeing we can carry nothing with us at our death? *Callimachus* living in  
all



all delight, and reading *Plato's* Book against death, cast himself into the Sea. *Cirenio* read such Lessons to despise death, that many of his hearers (being Heathens) killed themselves. *Diogenes* desired to die, but cared not for burial. *Lampaschus* dying, was demanded where he would be buried, he answered, where they would: for the way to Heaven was every where. *Thezanius* died with a worthy mind; for being commanded to death by Thirty Tyrants, he took the poisoned Cup, and thirstingly drank it off; and then laughing at them for so pleasuring him, said, they made him happy by putting him to death; with the like mind died the worthy *Gracchus*. So died the famous *Spartane*, and greatly rejoyced he should be dissolved from the bondage of the world. When it was told *Lucius*, his Son was slain at the wars, he rejoycing said, To that purpose I begot him. The like an-

swer made the *Roman Matron*, when she heard her Sons were slain; she not sorrowing, said, I am glad I bore them to die so worthily for their Country.

*Cresphontus* ran to his death, to deliver his Country: *Curtius* leapt into the gulf to preserve *Rome*, *Scavola* lost his hand, to save the City: *Meneas* killed himself to free his Native Soil: so did *Harmitus*, *Codrüs*, *Aristogiton*, *Epaminondas*, and divers others. The Temple at *Delphos*, where the Oracle of *Apollowas*, for want of reputation fell down to the ground; then *Triphon*, and *Agamedo*, two noble Persons of *Greece*, wise and rich, as well with the labor of their persons, as great expence of their goods, built the Temple again; when it was fully finished, *Apollo* said to them, He well remembered their good service, and willed them to demand any thing in reward thereof, and it should be granted:

They

They said, Miserable man hath not power to eschew the evil, or chuse the good, and therefore they desired him to give them the best thing might be given to man, and most profitable for man. *Apollo* said, they should have their demands; then they at the Gates of the Temple fell down dead, so the reward of their travels was to take them out of the misery of this life.

*St. Edward* King of *England*, much revered *St. John*, and one day coming from *Westminster* from Service, a poor man came to him, and desired him for *St. Johns* sake to give him something, the King gave to him his Ring off his finger: within few dayes after, two Pilgrims came from *Jerusalem*, within two miles of it, met a poor man who asked them what Country men they were, they said English-men; he then said to them, when you come home, I pray you tell King *Edward*, that *St. John* doth

doth thank him for the Ring he gave for his sake : and gave them a Ring, and desired them to deliver it unto the King and tell him, that St. *John* sent it him ; and the richest gift that could be given to man, that is, the twelfth day after the receipt thereof, he should be in Heaven. The Pilgrims received the Ring and departed : by and by they were so heavy, they were enforced to lie down and sleep : when as they awaked, they found themselves in another Country, and demanding of a Shepherd where they were found they were in *Kent* in *England* ; then they went to the King, being Christmas Even, and delivered the King the Ring and the message, which the King received, fell sick on St. *John's* day, and died on twelfth day.

The *Greeks* had a custom, that when they offered any sacrifice, the Priests and Officers of the Temple were carried ; for if their feet touch-  
ed

ed the ground, they might not offer Sacrifice. It chanced that a holy Nun, of the Goddess *Juno*, going in her Chariot to the Temple, the beasts that drew it dyed, when she was ten miles from the Temple, which her two Sons, *Cleobis* and *Bitton* seeing, and knowing that their Mother must not go on foot, and that there were no other Beasts to begotten, yoked themselves and drew the Chariot with their Mother to the Temple: every one praised them greatly for it, and said they deserved to be recompensed with great rewards. After the Feast ended, their Mother desiring to requite their kindness, with tears besought the Goddess *Juno*, to give her Children the best gifts the gods could give to their Friends; which the Goddess promised she would do before the next morning: They going to sleep at night, were the next morning both found dead: then  
their

their mother bitterly wept, & complained of the Goddess: the Goddess said, she had no cause to complain, for she had given her that she did demand, and I have at thy instance given thy Children. (quoth she) that which we hold most dear, which is Death. For the greatest revenge we take of our Enemies, is to let them live long, and the best thing we can give to our Friends, is to make them die quickly. For all of us together taught King *Midas*, *Optimum est homini, aut non omnino nasci, aut tuam primum mori*: it is the best thing for man, either never to be born, or to die very soon. We are here strangers, and inclosed, as prisoners in a Castle; but by death we shall be freely delivered from the thraldome, and go to our own Country. Seeing then death is the best thing that can be given to man, let us have a care to crave it, and live godlily and vertuously, that we may  
joyfully

to fear Death.

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joyfully have it to free us from this  
place of imprisonment, and seat us  
in our everlasting and Heavenly Ha-  
bitation ; whither good Lord bring  
us all. *Amen.*

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**FINIS.**

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